

# AEROBICS™

The computer fitness program.



## SPINNAKER

We make learning fun.™

### Better Living Series

No matter what shape you're in, you can have fun getting fit with AEROBICS.



# AEROBICS™

AEROBICS is a complete computer fitness program that makes shaping up fun for every body. (Whether you're a beginner or already in great shape.)

AEROBICS helps you to tone up your body, increase your endurance, and develop greater muscle coordination and flexibility. You'll find it's a great way to feel good and look good!

Just follow the figure on the screen as she goes through the exercises. You can choose one of the basic routines that focus on overall fitness. Or select a customized routine from 14 different programs that let you concentrate on specific body areas.



All of the preprogrammed routines include all the exercise essentials: a warm-up, an aerobic series to get your heart pumping, stretches for particular parts of your body, and a cool-down sequence.

You can choose the degree of difficulty you're ready for. As you progress you can choose tougher — or longer — combinations.

And AEROBICS has a variety of musical backgrounds that make your exercising even more fun.

Best of all, you can do AEROBICS on your own schedule. In your own home. For as long or as little as you like. Whatever works for you.

AEROBICS is the easy, convenient way to stay in shape. And the more you do, the less you'll have to show for it.

**Interactive Picture Systems, Inc.**, creator of AEROBICS, specializes in developing highly interactive, creative graphics software for personal and professional use.

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We make learning fun.

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# AEROBICS™

The computer fitness program.



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Interactive Picture Systems, Inc., creator of AEROBICS™, specializes in developing highly interactive creative graphics software for personal and professional use.

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Interactive Picture Systems, Inc. has designed AEROBICS™ to be an effective generalized exercise program for personal use. However, **you should not begin this fitness program without first consulting your physician.** Neither the creator nor publisher can assume any responsibility or liability for personal injuries resulting from the performance of the exercises demonstrated in this program.

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# CHAPTER ONE

## GOALS AND OBJECTIVES

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Everyone wants to look good, and feel good, too. Accomplishing this is sometimes difficult with today's hectic life-styles. **AEROBICS™—the complete fitness program** is geared towards your life-style and your individual needs. By providing both general exercises and individual exercises for specific parts of the body, the program gives you the ability to choose your own exercise program. You decide how much time you can afford to spend and how difficult your program will be. You need only commit yourself to working hard and staying with it, and you will be rewarded with firmer muscle tone and coordination, as well as flexibility. Feeling good is part of looking good. And this program will help you do both.

The goal of **AEROBICS** is not only to provide you with a total fitness program to relieve stress, provide flexibility and muscle tone, and increase endurance, but to help you get in touch with the way your body works. So the program also can introduce a whole new way of life. Not only will you tone your body but you will keep fit by making your exercise time an integral part of your daily life. Choosing from the variety of basic workout routines, you can focus on overall fitness or choose an exercise program for the particular part of your body that you feel needs it most. You have the flexibility to choose what suits you.

Of course, good eating habits and rest contribute toward making you a healthy and fit human being, but only an individualized exercise program can provide you with the basics for a trim and firm body.

Time can be a scarce commodity during a busy day. Because this program provides routines of varying lengths, you can exercise from twenty-five minutes to an hour and a half. This is your special time to be in tune with your body. In the







privacy of your home you will have your own instruction program whenever you need it. You must be sure to set aside that time; once you begin to see results, it will be a time you look forward to.

When you begin the exercise program, it is important to take your time and not overdo it. Each routine included here begins with a warm up to help you stretch your muscles properly. Remember that

there is a difference between stretching and straining. If you are doing an exercise and it hurts, stop. You may be straining yourself. You may feel sore after the first few times you try these exercises, but keep trying. If you warm up carefully and continue to follow the program regularly, the exercises will become second nature to you and will feel comfortable and natural. This means you are achieving total fitness – firm muscles and a flexible body.

Getting in shape means making a commitment to yourself to follow a regular exercise program and stick with it. And after six to eight weeks you should be able to see results. In the meantime, you'll feel better about your body and yourself, and that's the first step towards looking good.





# CHAPTER TWO

## BEFORE YOU BEGIN

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**TIMING...** When you are ready to begin your exercise program, you should set aside a time of day when you can be alone and can concentrate on your body. This time should become an integral part of your daily routine. Be certain that you will not be interrupted and that you exercise at least three times a week. And remember: don't exercise or do strenuous activity immediately before going to sleep.

In order to strengthen your heart and build endurance you need to exercise continually for at least twenty minutes. This will get your heart pumping and will give your heart and lungs, as well as your muscles, a good workout.

When exercising vigorously, your hip and leg muscles provide rhythmic contractions, sending your blood to your heart and making it work harder. This strengthens your heart (as well as your other muscles) and allows it to pump more oxygenated blood into your system, providing energy both during and after exercise. Remember that the warm up section of the program allows you to gradually work your muscles and heart in preparation for your exercise routine. Equally important, however, is the cool-down section. This gives your muscles a chance to relax gradually and lets your pulse return to normal.



**FORM...** To get the maximum benefit from any exercise you must do it properly. Ten sit-ups done correctly provide more benefit than one hundred sit-ups done incorrectly. In fact, exercises done incorrectly can be harmful. It is important, then, to study the steps carefully, consult the text, and review the screen image frequently. Take your time and be sure you learn each exercise thoroughly. When you are comfortable with the exercises, you'll be better able to concentrate on correct form.



As you exercise you should concentrate on how your body feels as it moves. Be aware of how the individual muscles stretch as you are using them. Feel the muscles interact—how stretching to one side affects the other.

Before you begin, try this quick exercise on posture.

1. Stand with your shoulders down and relaxed, your back straight, and your knees and toes in one line underneath your hips.

2. Close your eyes and concentrate on how your spine feels when you straighten your back.

3. Keeping your feet together, bend your knees and look to see that they bend directly over your toes. Feel your legs stretch as you bend. Think about how your muscles feel when you do this stretch. Can you feel how moving a certain way can stretch your muscles?



**PROPER BREATHING...** Breathing is an essential part of the rhythm of movement. This natural rhythm should be used to help you move as you exercise. Don't hold your breath in; use it. Try to remember these tips to coordinate your breathing with your movement as you exercise.

1. Inhale (through your nose) when you lift, stretch, or raise your body, your arms, or your legs.

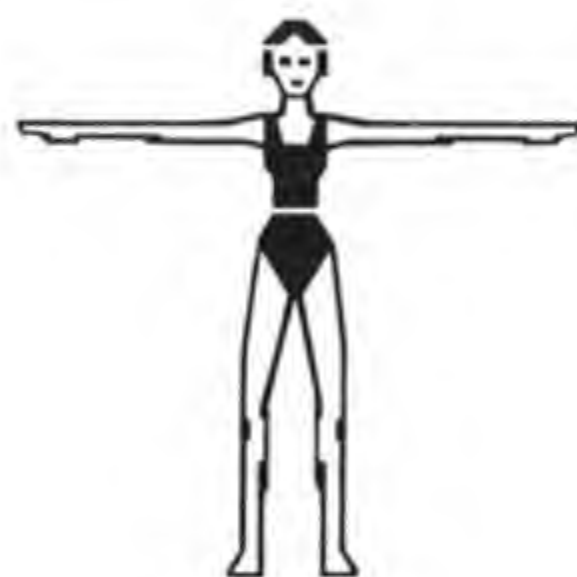
2. Exhale (through your mouth) when you are releasing, rolling down, or lowering your body, your arms, or your legs.

3. As you exhale, try making a sound, like ah...ah...ah. Or say your name slowly. This will help reinforce and regulate your breathing and help you develop a more integrated and steady pattern of breathing and movement.

Not only will steady breathing help your endurance, it will also help you to concentrate and to keep a steady rhythm as you exercise, thus helping you correct your form.



**STAYING WITH THE PROGRAM...** Concentrating on how your body works and how the exercise program works for you can help you develop the proper attitude toward maintaining the program. It is important that you continue to exercise regularly and that you not get discouraged. Work to perfect your form, try a more strenuous routine, or stress another part of your body. Go at your own pace, but try to increase that pace gradually as you advance. Once your form is correct, and your muscles are flexible, you can experiment with the many different exercises in this program. You can also begin thinking about introducing other types of physical exercises into your daily life. Walk to work, use the stairs instead of the elevator. The more you integrate exercise into your life, the better you'll feel. You'll be pleased with the results.



**WHAT TO WEAR...** Today there is an endless variety of exercise clothing available. You don't have to wear an "exercise outfit," such as leotards and tights, but you may feel more comfortable doing so. Shorts and a T-shirt can serve the purpose just as well. Just remember that what you wear should give you the maximum amount of freedom and comfort.

It is highly recommended that you wear sneakers, running shoes, or aerobic sneakers when you work out. When you jump, bounce, and perform aerobic exercises on a hard wooden floor, you can strain your knees, calves, and ankles. Proper footwear can support and cushion your feet and legs and prevent undue strain or shock. Exercise footwear can also provide a small amount of additional weight at your feet, thus stimulating your muscles to work a bit harder when you do leg and hip exercises.





**WHERE TO EXERCISE...** Whenever you exercise, it is important to have plenty of space to stretch out and move your limbs freely. Make sure you work out in a space that gives you plenty of room. Being comfortable will enable you to concentrate on your form. Use a mat for floor exercises if you are working out on a hard wooden floor. This cushioning can make you more comfortable and therefore your exercises will progress more smoothly.



**BEGINNING YOUR EXERCISE PROGRAM...** When you are beginning an exercise program you may not have a good sense of what correct body movements should feel like. You should follow the instructions and go through the exercises slowly and carefully to learn the best way to perform them.

Try these simple exercises to help you learn the proper feeling of various body movements.

1. Raise your arms over your head.
2. Keeping your arms raised, lower your shoulders.

Feel the difference? Whenever you reach with your arms, you should make sure to keep your shoulders down. There should always be lots of space between your shoulder and your ear. Try it again and see if you feel the correct form. Here's another exercise.

1. Stand straight. Stand taller, as though there were a string attached to the top of your head, pulling you up. This is the correct way to hold your upper body when you exercise.
2. Stand straight. Tuck in your buttocks. You should feel the stretch up the center of your thighs, and all the muscles in your buttocks should be tight. Relax your buttocks and try it again. This stretch is one you will feel when you exercise.





A basic instruction you will encounter is, "Roll down your spine one vertebra at a time." If you do not know how this movement should feel, you will not be able to do it correctly. Try this exercise.

1. Stand straight. Starting at your head, drop your chin to your chest, letting your arms hang limp and your shoulders drop forward. Slowly curl your upper body over your waist. At this point your upper body should be suspended over your waist. Pause and concentrate on how your body feels. You should feel the stretch from the base of your neck to your tailbone.

2. Close your eyes and try it again. This time keep your hands at your side until you roll down to your waist. Place your hands behind your thighs and let them travel down the backs of your legs. You should be able to feel your hips release as you fold your body over your thighs, and you should feel the stretch in the back of your thighs. By placing your hands behind you, it is easier to feel the stretch, to feel where your weight is centered. This exercise will prevent you from moving too far forward or backward as you stretch.

3. Continue rolling down until your palms can touch the floor. See if you can lift up on your toes without changing your position. If your weight is centered properly, you should be able to lift your body up on your toes without losing your balance. It may take some time to achieve this position, but keep trying. It is very important that your body is always properly aligned and your weight centered when you exercise.

4. Roll up into a standing position, working from the small of your back. Roll down again and roll up letting your hands travel up the backs of your legs. You should feel a difference in the placement of your shoulders. Remember that you should always end up standing with your shoulders down and back, your chest up (for maximum breathing potential), and your shoulders, hips, knees, and toes in line.





5. Lie down and do a sit-up. Try to think of this exercise as a variation on rolling down from a standing position. You should keep your chin to your chest and roll up one vertebra at a time. You are making the same curve with your body here as you did when standing.

Try to remember how these exercises feel. Practice doing sit-ups and roll-ups and feel the stretch. Remember how you felt rolling down from a standing position. Try for the same feeling when you do your sit-ups and roll-ups. If you concentrate, your floor exercises will be as smooth and stress-free as your standing exercises.





# CHAPTER THREE

## HOW THE PROGRAM WORKS

**THE MENU...** The AEROBICS program contains 18 different exercise routines. Each menu screen lists routines for you to choose from. A, B, and C



contain three different basic workout routines. There are 15 additional "à la carte" routines, (D-R). D is a quick and easy overall workout and E-R are workouts focusing on particular parts of the body and designed to allow you to tailor the program to suit your individual body type.

Because the "à la carte" routines concentrate on particular body parts, these routines are shorter in length than the basic Beginner, Intermediate, and Advance routines. The menu is grouped according to which body part is stressed in the routine. By pressing the **RETURN** key, you can flip through the entire menu and review the names of each routine.



**WHICH ROUTINE IS BEST FOR ME?**...All of the routines in the program give you a complete workout. The differences between them are the number of exercises in each program, the number of repetitions of each exercise, and the number of body part sections included in the program.

THE WARM UP ..... (SECTION ①)  
AN AEROBIC SEQUENCE ..... (SECTION ②)



## BODY PART EXERCISES

ARMS . . . . .	(SECTION 3 )
WAIST . . . . .	(SECTION 4 )
STOMACH . . . . .	(SECTION 5 )
LEGS . . . . .	(SECTION 6 )
HIPS . . . . .	(SECTION 7 )
BUTTOCKS . . . . .	(SECTION 8 )
THE COOL DOWN . . . . .	(SECTION 9 )

Regardless of the physical shape you're in, it's always best to start with the basic Beginner routine. This is a good way to familiarize yourself with the exercises without straining. After you get the hang of how the program works, try some of the individualized routines marked Easy.

Once you can perform all these exercises properly and without strain, you can move on to the basic Intermediate routine. This level introduces additional exercises. You should thoroughly learn these new exercises and allow yourself enough time to develop the increased flexibility and endurance before moving on to any of the Advanced level routines. The basic Advanced level and specialized routines include additional repetitions. Take your time working up to the maximum amount of repetitions.

It's essential not to push yourself too far too quickly. This program was designed to keep you interested, well motivated, and feeling good...not sore. One of the purposes of choosing your own routine is to allow you to select what exercises and what skill level best suit your body needs. But you must remember to use common sense and increase your level gradually.



**THE EXERCISES**...Each exercise will be performed by the computer figure as written instructions or reminders appear on the bottom of the screen. Each exercise will be labeled so you can refer back to this booklet if you need further explanation on how the exercise should be performed.



The label that will appear in the upper right hand corner of the screen will be comprised of three parts:

B	3:	10
Routine Letter	Section Part	Exercise Number

The first part is a letter (A through R) which tells you which routine you chose. The second is a number (1 through 9) letting you know which section you are working in and the third is a number (1 through 28) stating the exercise itself. For example, B3:10 says that you are on the 10th exercise in the intermediate arm section. To look up any exercise, simply flip the pages to the section you want and find the exercise number. You will find a step-by-step procedure, a pictorial diagram, and any "reminders" you should know.

You will also see a number in the left hand corner of the screen which will tell you how many repetitions still remain for the exercise. This will be especially helpful in getting ready for the next exercise.



**READY, SET, RETURN**...When you have found the routine that's best for you on the menu, make your selection by hitting the appropriate letter key and then the space bar. Now you should see the aerobic woman dancing and hear the music. Take a deep breath and...



**THE MUSIC...** To help you get into the rhythm of the exercises, musical scores were composed for each of the sections. Or if you wish to vary the music you use, then turn down the volume and turn on your stereo to songs that have the right beat.





# CHAPTER FOUR

## THE 18 ROUTINES

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The general exercise routines provided by this program will give you a great overall workout. There are three complete workouts that include all nine exercise sections:

A. <b>BEGINNER</b>	(35 min.)
B. <b>INTERMEDIATE</b>	(60 min.)
C. <b>ADVANCED</b>	(80 min.)

They differ in the number of exercises and the number of repetitions per exercise. Most people, however, seem to gain weight or need extra toning more in some areas of their bodies than in others. Other than program D, the "à la carte" routines are designed to allow you to concentrate on specific body parts as part of your overall exercise program.

There are two levels of difficulty for each body part routine. It is recommended that you start with the easy routines and move on to the difficult routines when you can perform easily without straining yourself.

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D. <b>THE BODY BOP:</b> overall workout time (quick and easy)	(30 min.)
WARM UP EXERCISES 1-15	...see page 23
AEROBIC EXERCISES (3½ minute routine)	...see page 32
ARM EXERCISES 2-9 (beginner)	...see page 47
WAIST EXERCISES 2-9 (beginner)	...see page 56
LEG EXERCISES 1-20 (beginner)	...see page 73
BUTTOCK EXERCISES 1-5 (beginner)	...see page 83
COOL DOWN EXERCISES 1-10	...see page 87

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E. <b>WAIST AWAY:</b> legs, hips and waist (easy)	(45 min.)
WARM UP EXERCISES 1-15	...see page 23
AEROBIC EXERCISES (5 minute routine)	...see page 33
WAIST EXERCISES 1-20 (intermediate)	...see page 55



LEG EXERCISES 1-28 (beginner) . . . . .	see page 73
BUTTOCK EXERCISES 2-9 (beginner) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**F. WEE WILLIE WAIST:** legs, hips and waist (difficult) (40 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (8 minute routine) . . . . .	see page 33
WAIST EXERCISES 1-20 (advanced) . . . . .	see page 55
LEG EXERCISES 1-28 (advanced) . . . . .	see page 73
HIP EXERCISES 1-17 (advanced) . . . . .	see page 79
BUTTOCK EXERCISES 2-5, 10-13 (intermediate) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**G. LAY LADY LEGS:** legs, hips and stomach (easy) (35 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (5 minute routine) . . . . .	see page 33
STOMACH EXERCISES 1-22 (beginner) . . . . .	see page 65
LEG EXERCISES 1-28 (intermediate) . . . . .	see page 73
HIP EXERCISES 1-17 (intermediate) . . . . .	see page 79
BUTTOCK EXERCISES 2-13 (intermediate) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**H. DADDY LONG LEGS:** legs, hips and stomach (difficult) (50 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (8 minute routine) . . . . .	see page 33
STOMACH EXERCISES 1-28 (advanced) . . . . .	see page 65
LEG EXERCISES 1-28 (advanced) . . . . .	see page 73
HIP EXERCISES 1-17 (advanced) . . . . .	see page 79
BUTTOCK EXERCISES 2-13 (advanced) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**I. BYE BYE BUTTOCKS:** Legs, hips and buttocks (easy) (25 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (3½ minute routine) . . . . .	see page 32
STOMACH EXERCISE 27 (intermediate) . . . . .	see page 71



LEG EXERCISES 3-28 (beginner) . . . . .	see page 73
BUTTOCK EXERCISES 1-10 (beginner) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**J. A LITTLE BEHIND!:** legs, hips and buttocks (difficult) (40 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (8 minute routine) . . . . .	see page 33
STOMACH EXERCISE 27 (advanced) . . . . .	see page 71
LEG EXERCISES 1-28 (advanced) . . . . .	see page 73
HIP EXERCISES 1-17 (advanced) . . . . .	see page 79
BUTTOCK EXERCISES 1-13 (advanced) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**K. LAND O'LEGS:** arms and legs (easy) (35 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (3½ minute routine) . . . . .	see page 32
ARM EXERCISES 1-5 (intermediate)	
6-9,16 (beginner) . . . . .	see page 47
LEG EXERCISES 1-28 (intermediate) . . . . .	see page 73
HIP EXERCISES 1-17 (intermediate) . . . . .	see page 79
BUTTOCK EXERCISES 2-5,11-13 (intermediate) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**L. ARMS RACE:** arms and legs (difficult) (45 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (5 minute routine) . . . . .	see page 33
ARM EXERCISES 1-16 (advanced) . . . . .	see page 47
LEG EXERCISES 1-28 (advanced) . . . . .	see page 73
HIP EXERCISES 1-17 (advanced) . . . . .	see page 79
BUTTOCK EXERCISES 2-5, 11-13 (advanced) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**M. HOOLA HIPS:** stomach, buttocks and hips (easy) (35 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (5 minute routine) . . . . .	see page 33



STOMACH EXERCISES 1-22 (beginner) . . . . .	see page 65
LEG EXERCISES 14-28 (beginner) . . . . .	see page 76
HIP EXERCISES 1-17 (intermediate) . . . . .	see page 79
BUTTOCK EXERCISES 1-13 (intermediate) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**N. HUMDINGER HIPS:** stomach, buttocks, and hips (difficult) (40 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (8 minute routine) . . . . .	see page 33
STOMACH EXERCISES 1-28 (advanced) . . . . .	see page 65
LEG EXERCISES 14-28 (intermediate) . . . . .	see page 76
HIP EXERCISES 1-17 (advanced) . . . . .	see page 79
BUTTOCK EXERCISES 1-13 (advanced) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**O. UP IN ARMS:** arms, stomach and waist (easy) (35 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (3½ minute routine) . . . . .	see page 32
ARM EXERCISES 1-16 (intermediate) . . . . .	see page 47
WAIST EXERCISES 1-9 (intermediate) . . . . .	see page 55
STOMACH EXERCISES 1-28 (intermediate) . . . . .	see page 65
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**P. OUT OF ARMS WAY:** arms, stomach and waist (difficult) (35 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (3½ minute routine) . . . . .	see page 32
ARM EXERCISES 1-16 (advanced) . . . . .	see page 47
WAIST EXERCISES 1-20 (advanced) . . . . .	see page 55
STOMACH EXERCISES 1-28 (advanced) . . . . .	see page 65
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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**Q. BELLY UP:** waist, stomach and buttocks (easy) (40 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (3½ minute routine) . . . . .	see page 32
WAIST EXERCISES 1-10 (beginner) . . . . .	see page 55



STOMACH EXERCISES 1-28 (intermediate) . . . . .	see page 65
LEG EXERCISES 14-28 (beginner) . . . . .	see page 76
HIP EXERCISES 1-17 (intermediate) . . . . .	see page 79
BUTTOCK EXERCISES 1-13 (intermediate) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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R. **TUMMY TIME:** waist, stomach and buttocks (difficult) (60 min.)

WARM UP EXERCISES 1-15 . . . . .	see page 23
AEROBIC EXERCISES (3½ minute routine) . . . . .	see page 32
WAIST EXERCISES 1-20 (advanced) . . . . .	see page 55
STOMACH EXERCISES 1-28 (advanced) . . . . .	see page 65
LEG EXERCISES 14-28 (intermediate) . . . . .	see page 76
HIP EXERCISES 1-17 (advanced) . . . . .	see page 79
BUTTOCK EXERCISES 1-13 (advanced) . . . . .	see page 83
COOL DOWN EXERCISES 1-10 . . . . .	see page 87

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# CHAPTER FIVE

## THE WARM UP (SECTION 1)

Every exercise session should begin with a WARM UP. It gives your body an opportunity to wake up before launching into more strenuous exercises. People often overlook stretching exercises; however, it's important to remember that a proper warm up enables your muscles to work more efficiently.

Keep in mind, as you perform these exercises, that you want to stretch out your body gradually. Start out slowly, close your eyes, and just feel your body as it moves. All of the bouncing movements should be done carefully. Try to make these movements fluid and long, not jerky.

Remember not to strain. You want to stretch out the muscles. The progression of the exercises is designed to help you do just that.

In the beginning it's a good idea to keep this text handy. Before you begin any session, it's a good idea to review it and familiarize yourself with the exercises.

### EXERCISE #1: HEAD BOBS

BEGINNING STANCE: Stand erect, stomach tight, buttocks tucked and tightened. Keep feet parallel, hip-width apart. Relax shoulders.

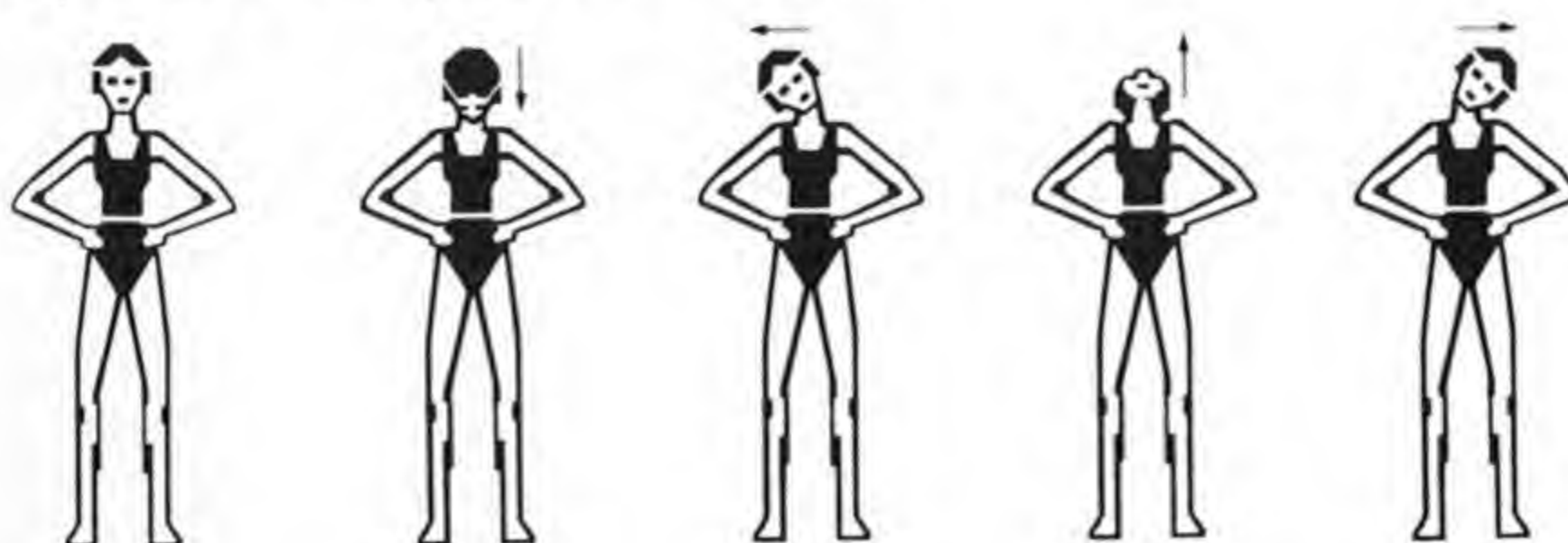
STEP 1: Keeping your shoulders down, bounce your head forward 4 times. Feel the stretch up the back of the neck.

STEP 2: Roll head to the right. Bounce to the side 4 times.

STEP 3: Roll head back. Relax your neck and gently bounce your head back 4 times.

STEP 4: Roll head to the left. Bounce to the side 4 times.

Repetitions: Sequence is repeated 2 times.





## **EXERCISE #2: HEAD ROLLS**

BEGINNING STANCE: Stand erect, stomach tight and buttocks tucked and tightened. Keep feet parallel, hip-width apart. Relax shoulders.

STEP 1: Drop your head forward in 2 counts.

STEP 2: Roll your head to the right in 2 counts.

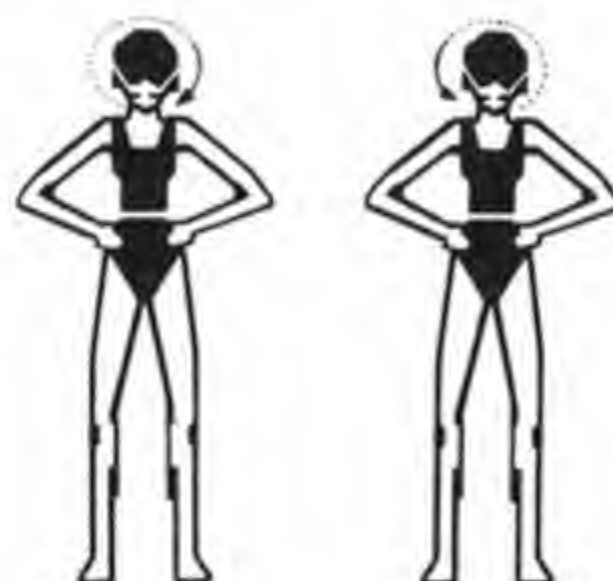
STEP 3: Roll your head back in 2 counts. Keep your shoulders down.

STEP 4: Roll your head to the left side in 2 counts.

STEP 5: Roll your head from the left forward in 2 counts.

**\*\*Circle your head in one smooth movement.**

Repetitions: Repeat to the right 1 more time.



## **(EXERCISE #3):**

Then reverse to the left 2 times.

---

## **EXERCISE #4: WAIST REACH AND ROLL**

BEGINNING STANCE: Stand erect. Keep feet parallel, a little more than hip-width apart. Stretch one arm over your head with the raised palm facing the ceiling. Place other arm behind your back, elbow bent.

**\*\*Remember to keep your hips forward and your buttocks muscles tucked and tightened.**

STEP 1: Without bending forward, stretch up and over your waist to the side. Bounce 8 times.

**\*\*Keep your raised arm and shoulder back and your hips forward.**

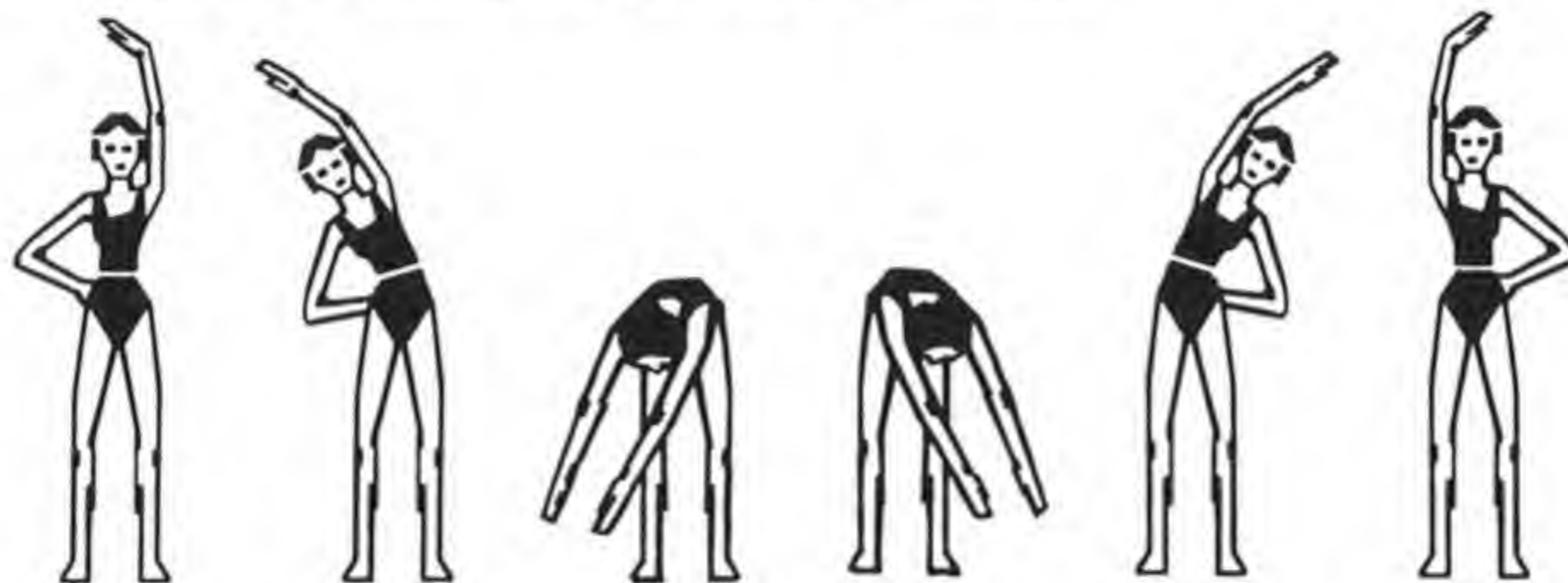
STEP 2: Leading with your arm raised, slowly round your back and circle your arm and upper body from the side to the center and over to the other side in four counts. Raise the other arm as you lift up into the beginning position.



**\*\*Only the upper torso moves as you circle around to the other side. Keep your buttocks tucked and your hips still as you circle up and over your waist. Feel the stretch in your shoulder, side, and spine.**

**STEP 3:** Repeat the sequence in the other direction.

**Repetitions:** Repeat the entire sequence 3 times.



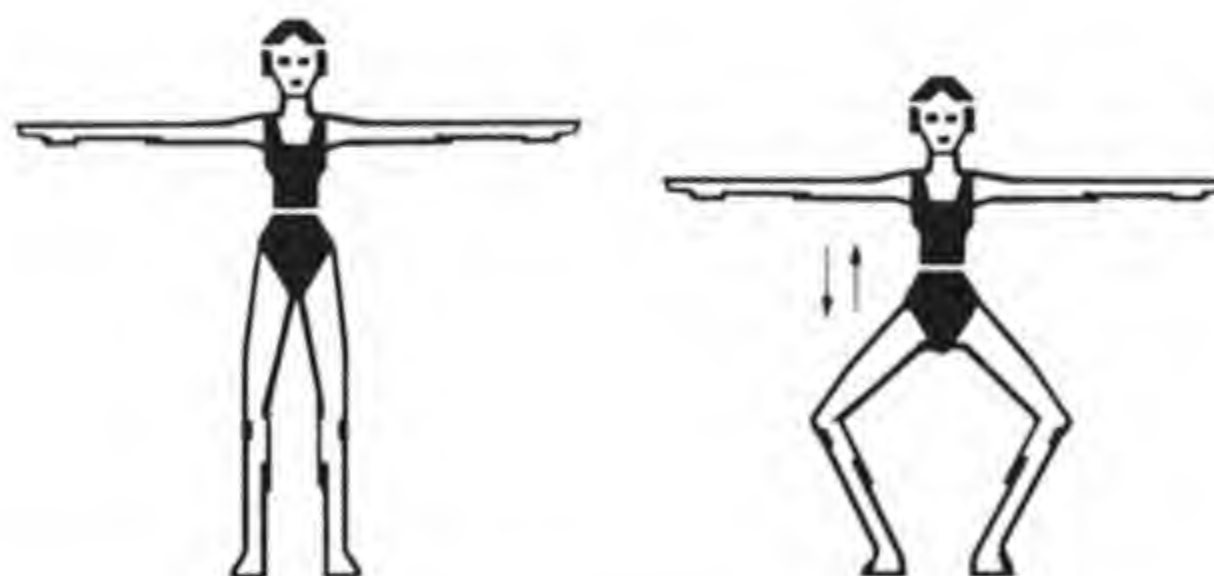
## **EXERCISE #5: JAZZ BOUNCES**

**BEGINNING STANCE:** Keep buttocks tucked and squeezed tight. Keep feet turned out and open slightly more than hip-width apart. Place arms out to the side. Back should be straight.

**STEP 1:** Keeping the buttocks tucked and the upper torso straight, bend your knees. Keep your knees out. Maintain this body position as you bounce slowly.

**\*\*Keep your weight forward, centered over your knees and toes. Feel the stretch in the inner thighs.**

**Repetitions:** 25 times.



## **EXERCISE #6: MODIFIED JAZZ BOUNCES**

**BEGINNING STANCE:** Keep buttocks tucked and squeezed tight. Keep feet



turned and opened slightly more than hip-width apart. Place arms out to the side. Back should be straight.

STEP 1: Keeping the buttocks tucked, the upper body straight, bend your knees. Bounce 4 times.

**\*\*As you bounce, make sure to keep your weight centered over your knees. Be careful not to rock back.**

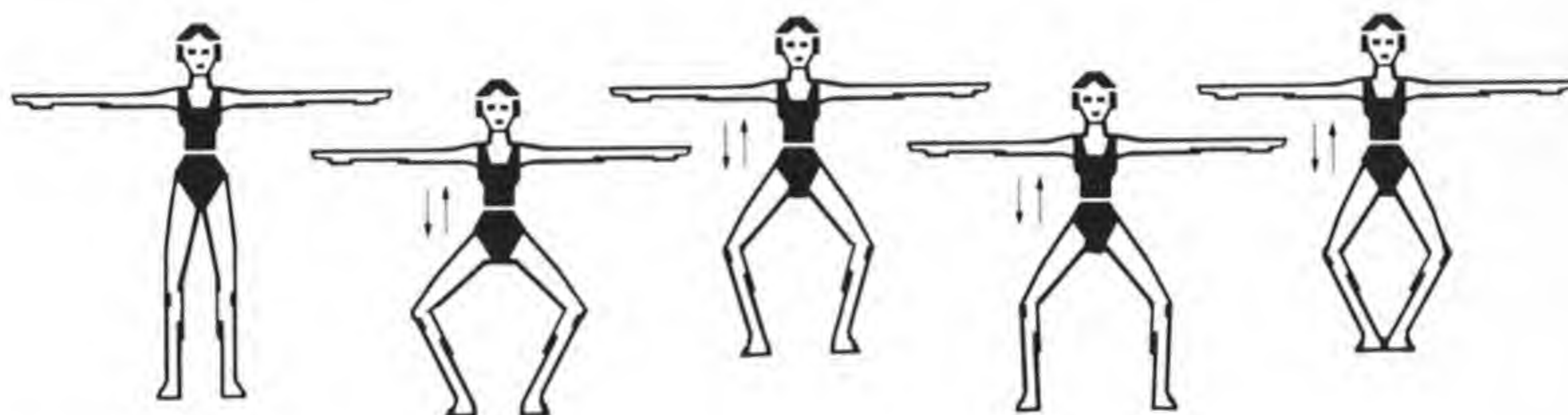
STEP 2: Slide your right foot 1 foot further away. Bounce 4 times.

STEP 3: Slide your right foot another foot away and bounce 4 times.

STEP 4: Slide your right foot in to meet your left foot, feet turned out.

STEP 5: Repeat the same sequence to the left.

Repetitions: Repeat the 4 bounce sequence 2 times.



### **(EXERCISE #7):**

Repeat the entire sequence right and left 2 bounces, 2 times.

### **(EXERCISE #8):**

Repeat the 1 bounce sequence 6 times, alternating sides.

**\*\*Remember to gently bounce up and down, not back. You should feel the stretch in the inner thighs. If your arms tire, place them on your hips.**

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### **EXERCISE #9: SPINE STRETCH**

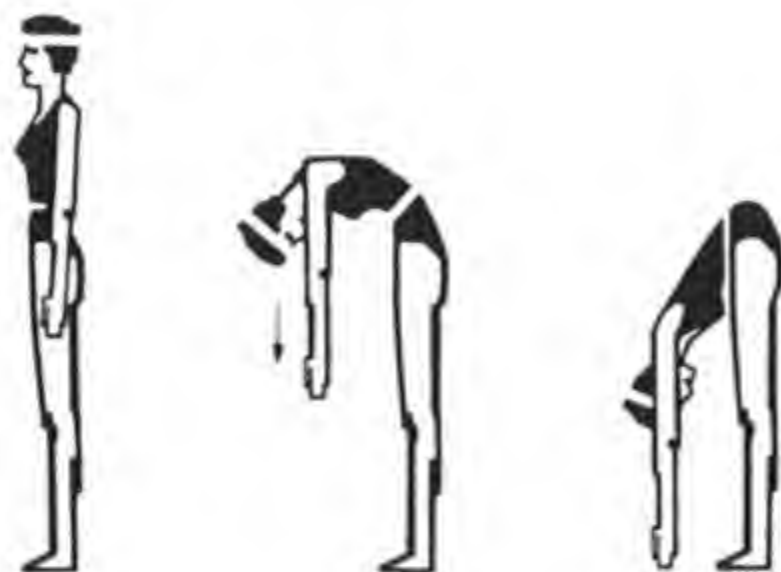
BEGINNING STANCE: Relax shoulders, stand erect. Keep stomach tight, buttocks tucked, and feet parallel and hip-width apart. Relax shoulders. Place arms at your side.



STEP 1: Drop your chin to your chest. Roll down to the floor one vertebra at a time.

**\*\*Place your arms in front of you. Keep your weight slightly forward.**

STEP 2: Let your head drop and place hands on/near the floor.



**(EXERCISE #10):**

STEP 3:

Keeping chest on thighs, straighten and bend your knees 8 times. Gently bend knees and straighten. Try to keep your hands on the floor.

**\*\*Inhale as you stretch, exhale as you bend your knees.**



**(EXERCISE #11):**

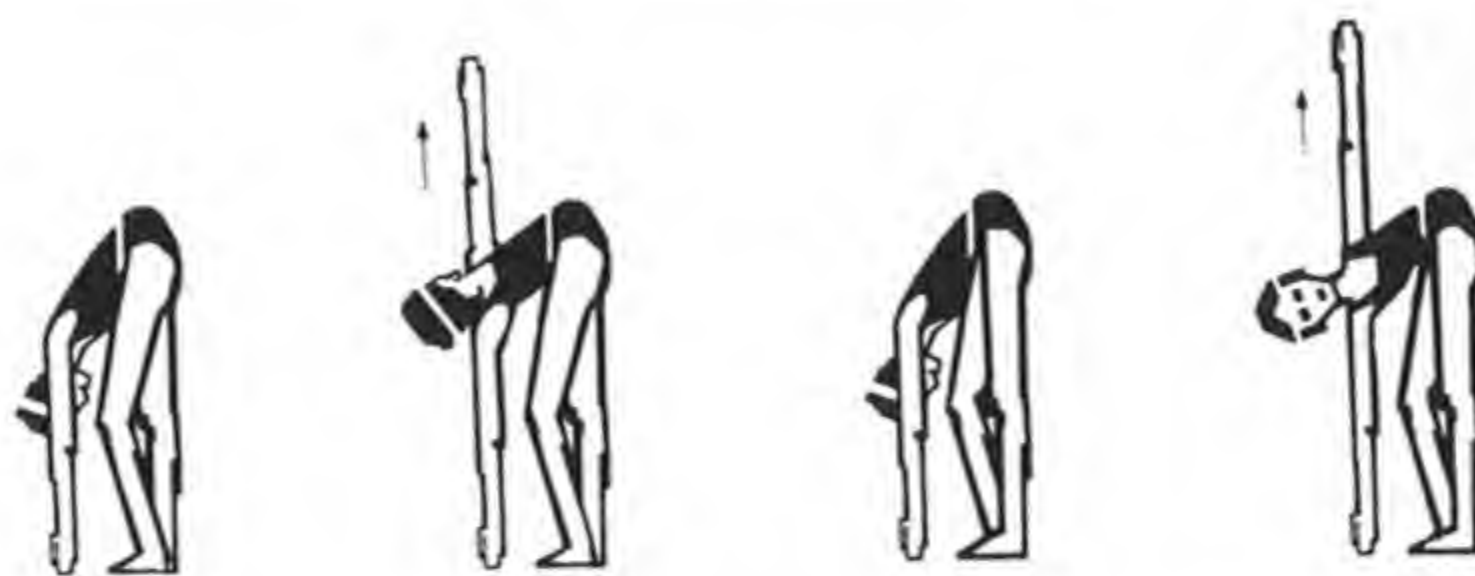
STEP 4: Keep left knee bent, palms in front of feet, inhale and lift your right arm back towards the ceiling. Twist upper torso back to the right side. Look up at your raised arm and bounce 8 times.

STEP 5: Inhaling, bend knees and rotate. Twist torso center.

STEP 6: Exhaling, reach left arm back and repeat the sequence to the left.



Repetitions: Do steps 1-3 once. Repeat steps 4-6 4 times alternating sides.



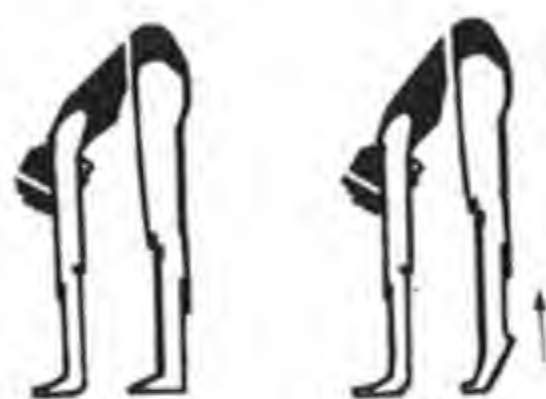
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## **EXERCISE #12: HAMSTRING AND CALF STRETCHES**

BEGINNING STANCE: Feet hip-width apart. Upper torso folded over thighs, palms on floor in front of feet. Head down. Center your weight over your hands, shoulders and toes.

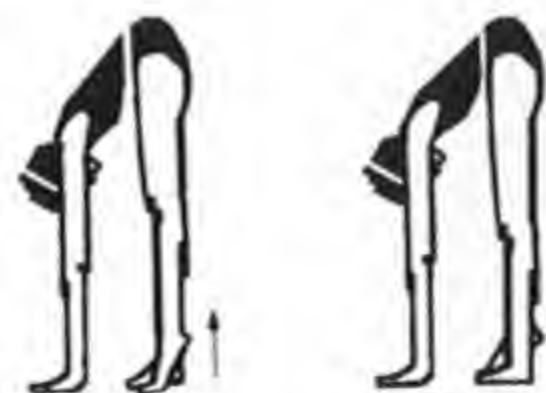
\*\*If you are properly centered you should easily be able to lift up on your toes. You should feel a good stretch up the back of your calves.

STEP 1: Raise your heels and lift up high on your toes. Lower heels. This movement is done in one count. Repeat 8 times.



## **(EXERCISE #13):**

STEP 2: Alternate feet lowering heel to the floor. Repeat 8 times.

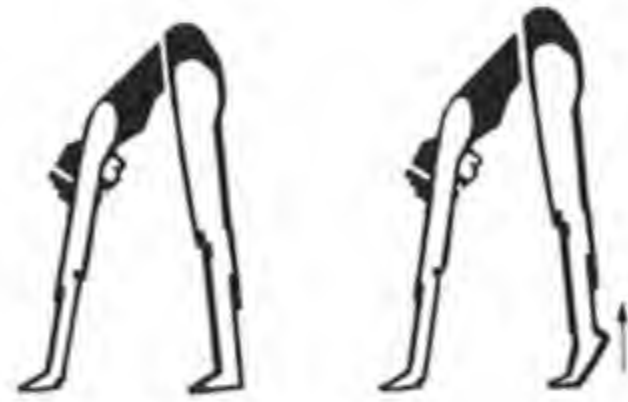




**(EXERCISE #14):**

STEP 3: Walk your hands further away from your body. Lean back into your hips. Alternate lifting and lowering your heels. Repeat 16 times.

Repetitions: Repeat steps 1 and 2, 8 times. Repeat steps 3, 16 times.



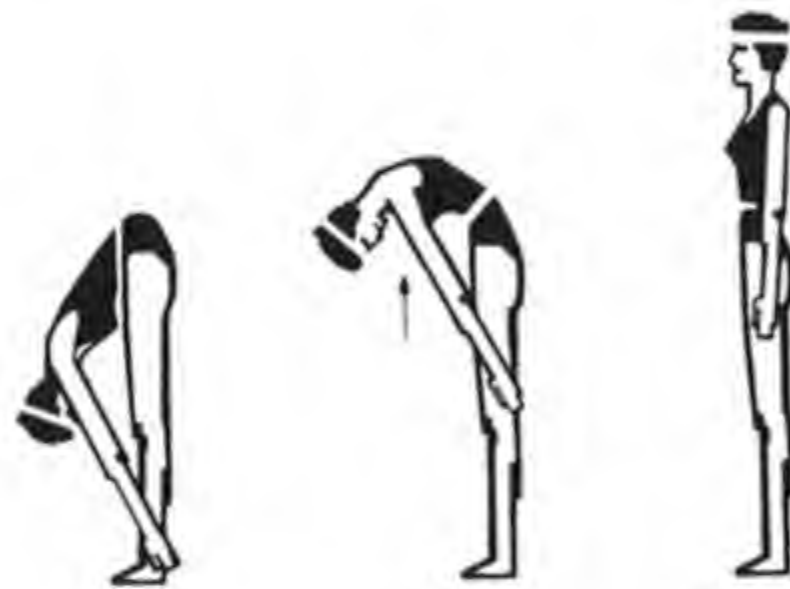
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**EXERCISE #15: ROLLING UP THE SPINE**

BEGINNING STANCE: Let your head drop. Center your weight over your toes. Place your hands behind your ankles.

STEP 1: Put your chin to your chest. Exhale as you roll up, one vertebra at a time, until you are standing straight.

**\*\*As you roll up, let your hands travel up the back of your legs. This will help you keep your shoulders down and maintain your balance.**









# CHAPTER SIX

## AEROBICS (SECTION 2)

1  
Warm Up  
Pg. 23

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Aerobics  
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Arms  
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9  
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The aerobic exercise section is composed of three rhythmical dance exercise routines. The individual steps are connected together one after another and performed without pausing, as if you were dancing. The aerobic routine is similar to the warm up. It is designed to stretch and work out all of your muscles. While you are jumping, hopping, kicking, and jogging, you are exercising over 500 muscles and building cardiovascular strength.

To measure your cardiovascular endurance you can take your heart rate before and after you exercise. The goal is to work towards increasing your heart rate up to 60% of maximum and sustain that rate throughout the aerobic section.

In order to get the full benefit from aerobic exercise you must keep moving for a sustained period of time. It is better to maintain a slower, consistent rhythm of movement than to stop, catch your breath and begin again.

**KEEP MOVING!!!!** Pace yourself and build up to a speed you can maintain.

It is recommended that you preview the selected aerobic routine before actually doing it. Walk through the individual steps in SLOW MODE to familiarize yourself with each of the individual steps.

Then go back and do the routine at the correct speed.

Each aerobic routine is composed

of similar movement patterns arranged in a dance combination.

**\*\***The beginning and intermediate routines have fewer steps and are designed to gradually introduce you to these dance patterns.

Mastery at each level will enable you to increase your endurance. After a few tries you'll quickly recognize the patterns and begin to dance the routine with ease and skill. As you arrive at this point your goal should be dance it





with vigor. Get into the rhythm of the music and lift the legs higher as you jog, kick them out farther. In other words, really stretch, work out, and have a good time.

**\*\*All the steps are done first to the right and then to the left. This combination of right then left movement is counted as one complete sequence and allows you to work out both sides of your body with equal intensity.**

**\*\*Aerobic exercises are composed of jogging, jumping and hopping movements. The word jump indicates rising up from two feet and landing on two feet. Hopping is the rising up and landing on one foot. Whenever you do this type of lift, it is essential to keep your knees bent as you land and to always land TOE....BALL....HEEL. You want to develop a springing-like motion with your body. It is important to keep your weight centered over your knees and toes. You don't want to lean forward or back as you jump up and down. You want to develop a relaxed stance with your shoulders down. The upper torso should always be lifted as though there was a string attached to the top of your head and someone was pulling you up.**

**\*\*A word of advice for beginners. It is important not to push yourself too hard. It is better to do a 3½ minute routine and find it's a breeze than to struggle through the 5 minute routine.**

**\*\*If you do an exercise and it hurts, stop...This program is designed to help you build flexibility, endurance, and strength. You want to stretch and work out your body, not strain it. Rule of thumb...don't strain, stretch...take it easy and work out, but don't strain yourself. As you perform the aerobic exercises remember to inhale through your nose and exhale through your mouth. Developing a natural rhythm of breathing allows you to maintain your energy and work more efficiently.**

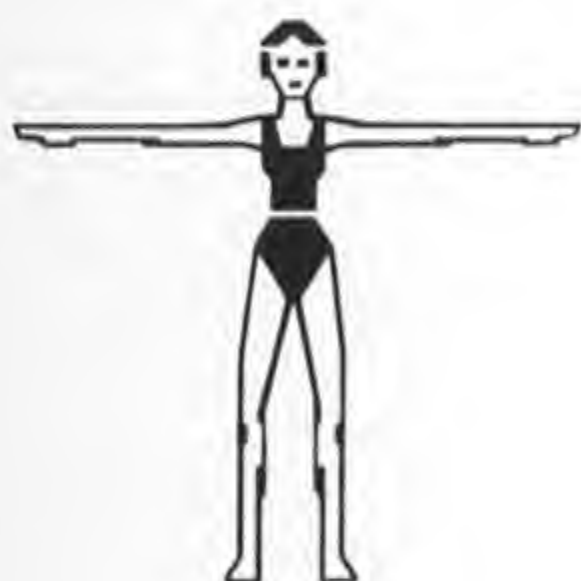
## THE AEROBIC ROUTINES

### 3½ MINUTE ROUTINE

Jog. . . . .	15 times
Hopscotch . . . . .	15 times
Jumping jack twists . . . . .	10 times
Side to side . . . . .	10 times
Crisscross feet. . . . .	10 times
Jog. . . . .	15 times
Followed by aerobic stretches	







## 5 MINUTE ROUTINE

- Jog. . . . . 15 times
- Twist turns . . . . . 20 times
- Side to side . . . . . 10 times
- Crisscross feet. . . . . 4 times
- Hopscotch . . . . . 15 times
- Touch and slide . . . . . 15 times
- Jumpback sequence . . .repeated 4 times
- Jumping jack twists . . . . . 10 times
- Side to side . . . . . 10 times
- Scissors . . . . . 10 times
- Stretch and hop . . . . . 5 times
- Jog. . . . . 15 times
- Followed by aerobic stretches



**2**  
Aerobics

## 8 MINUTE ROUTINE

- Jog. . . . . 15 times
- Jumping jacks . . . . . 20 times
- Twist turns . . . . . 20 times
- Side to side . . . . . 10 times
- Scissors . . . . . 4 times
- Side to side . . . . . 10 times
- Scissors . . . . . 4 times
- Hopscotch . . . . . 15 times
- Open close . . . . . 15 times
- Touch and slide . . . . . 15 times
- Jumpback sequence . . .repeated 4 times
- One, two, three...jump . . . . . 10 times





Stretch and hop . . . . . 10 times  
 Jumping jack twists . . . . . 10 times  
 Side to side . . . . . 10 times  
 Jumpback sequence . . . repeated 4 times  
 Can can . . . . . 5 times  
 Scissors . . . . . 10 times  
 Stretch and hop . . . . . 5 times  
 Scissors . . . . . 10 times  
 Jog. . . . . 15 times  
 Followed by aerobic stretches




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**EXERCISE #1: JOG** (This is a relaxed jog)

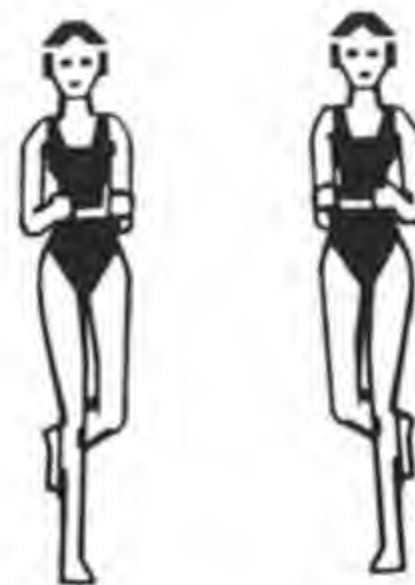
BEGINNING STANCE: Stand erect with your feet parallel and hip-width apart, your buttocks tucked and your stomach pulled in. Shoulders relaxed and arms relaxed at your side.

STEP 1: Jog in place.

\*\*Remember when you jog, jump, or hop to land toe...ball...heel.

Repetitions: 15 times

\*\*Without pausing move on to the next step.




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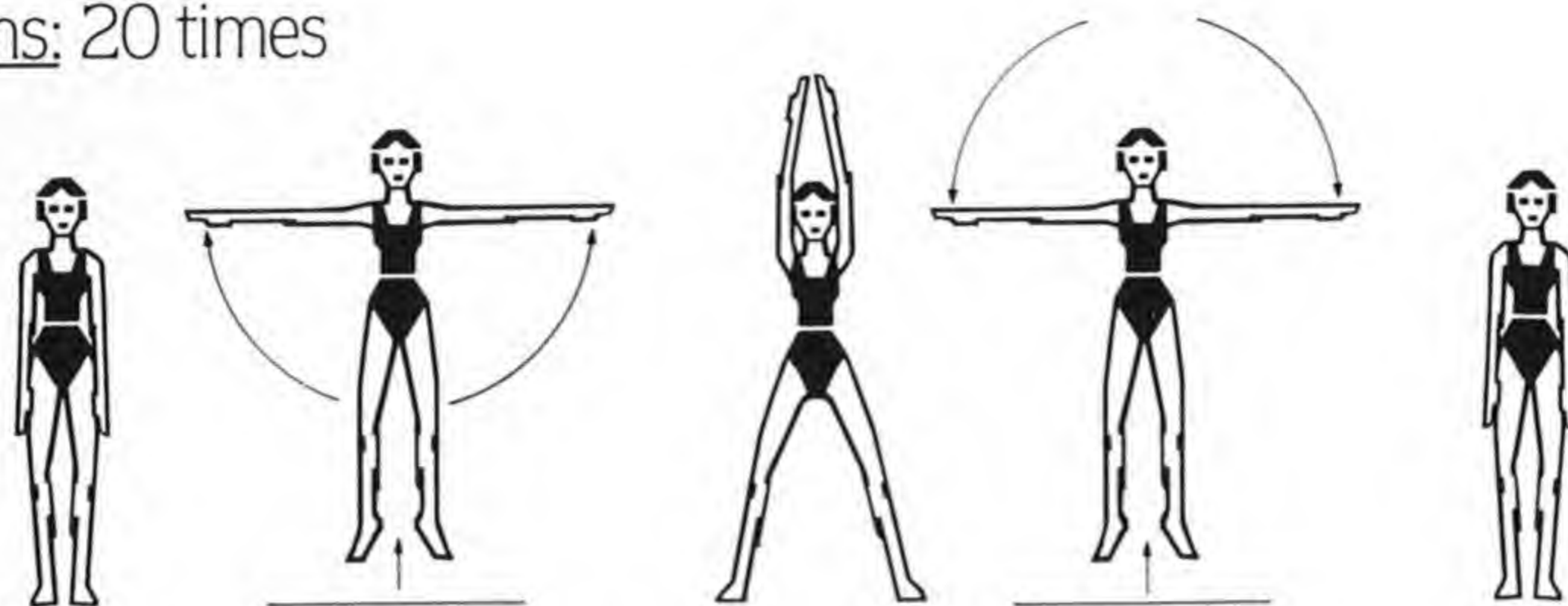
**EXERCISE #2: JUMPING JACKS** (Make the jumps energetic)

STEP 1: Jump up and open legs. Arms stretched over head and touch.

STEP 2: Jump up and close legs. Arms drop to the side, palms in.



Repetitions: 20 times



**2**  
Aerobics

**EXERCISE #3:** TWIST TURNS (You twist from the waist down, upper torso stays center and forward)

STEP 1: Arms extended at sides, shoulder level. Feet together in parallel, as you jump, twist right from your waist down.

STEP 2: Jump and twist left from your waist down.

**\*\***Keep your shoulders relaxed. Try and keep your lift out of your waist as you jump and twist. You'll feel a good stretch up the side.

Repetitions: 20 times. Performing an exercise to the right and then to the left constitutes 1 time.



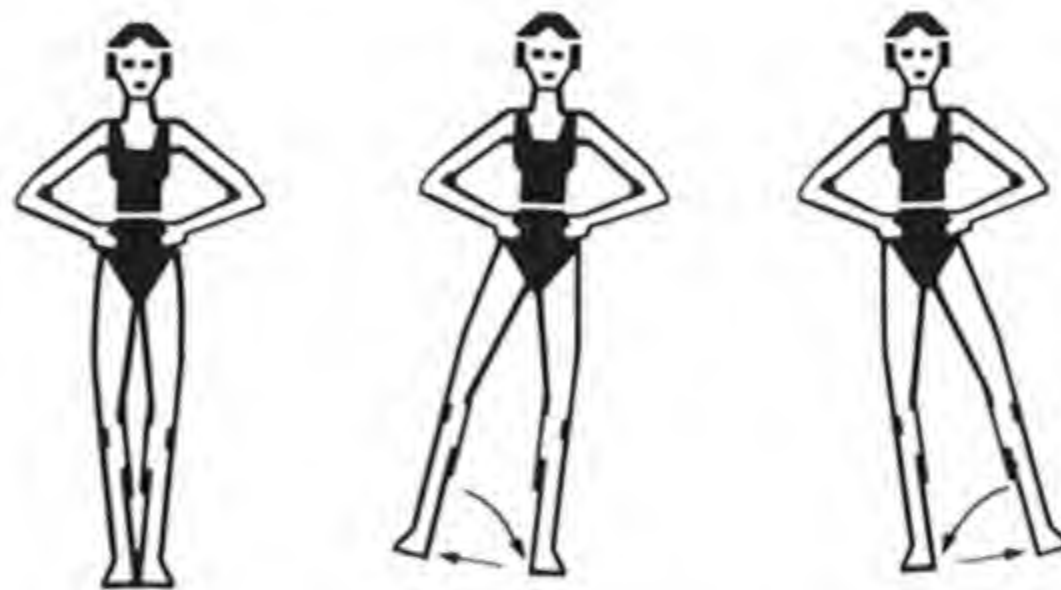
**EXERCISE #4:** SIDE TO SIDE (This is one smooth movement as though you were rocking back and forth from side to side)

STEP 1: Feet together parallel. Your weight is on your left foot. Hop onto your left foot and slide your right leg to the right side.

STEP 2: Hop your weight onto your right foot and slide your left foot out.

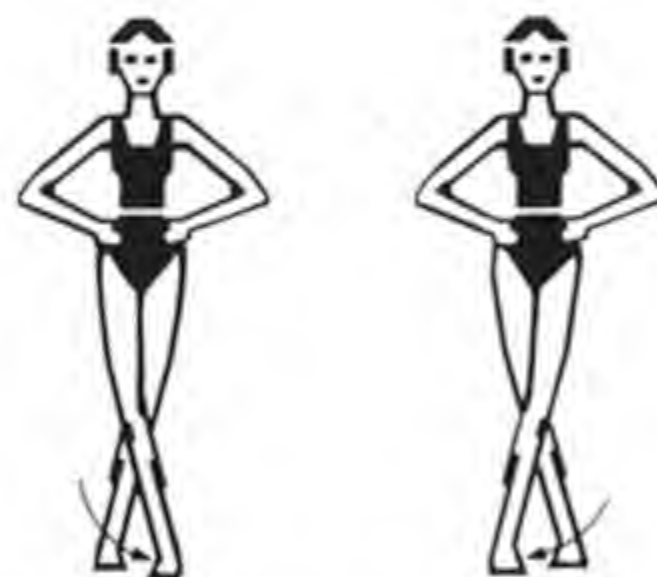


STEP 3: Hop your weight onto your left leg and repeat.  
Repetitions: 10 times



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**EXERCISE #5:** SCISSORS (Keep the upper body lifted as you jump)  
STEP 1: Hands on hips, elbows out to the side. Jump up and land with feet crossed, right foot in front.  
STEP 2: Jump up, alternate feet and land with feet crossed, left foot in front.  
Repetitions: 4 times



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**EXERCISE #6:** SIDE TO SIDE (Same as EXERCISE #4)  
Repetitions: 10 times

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**EXERCISE #7:** SCISSORS (Same as EXERCISE #5)  
Repetitions: 4 times again

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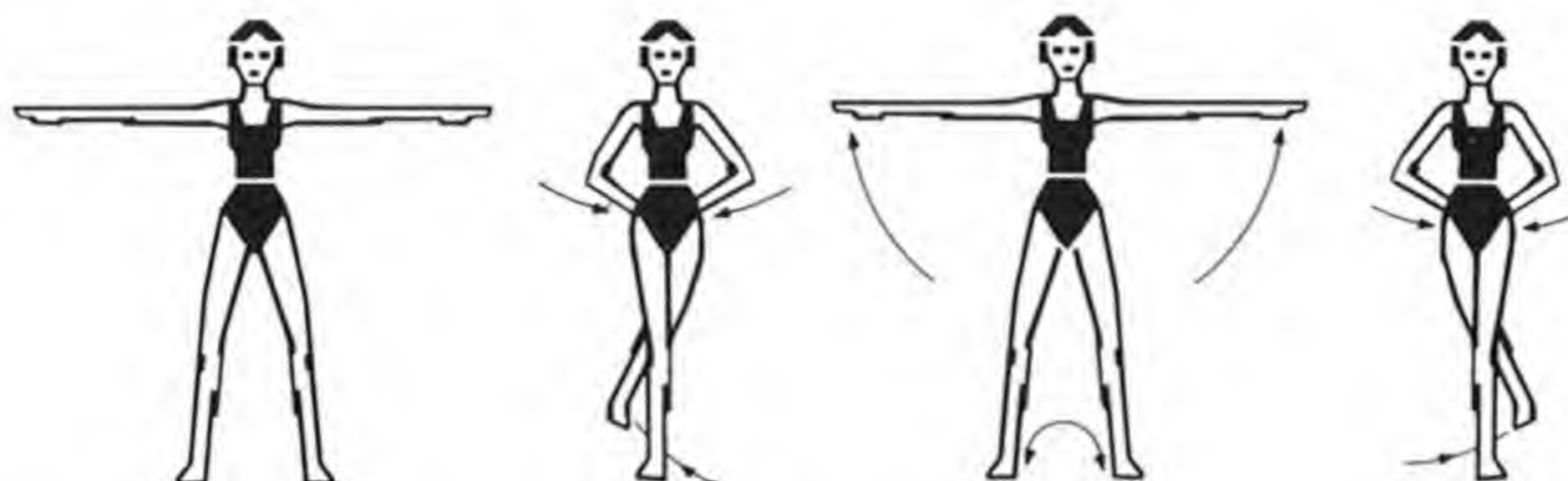
**EXERCISE #8:** HOPSCOTCH (It's just a simple jump, hop, kick raised leg back)  
STEP 1: Arms extended shoulder level. Jump and open feet. Hop onto your right leg and bring your left leg behind and across the right knee. As you do this clap your hands behind you.



**STEP 2:** Jump and open feet, hop onto your left leg and bring your right leg behind and across your left knee.

**STEP 3:** Repeat jump, hop, one leg back; jump, hop, the other leg back.

Repetitions: 15 times



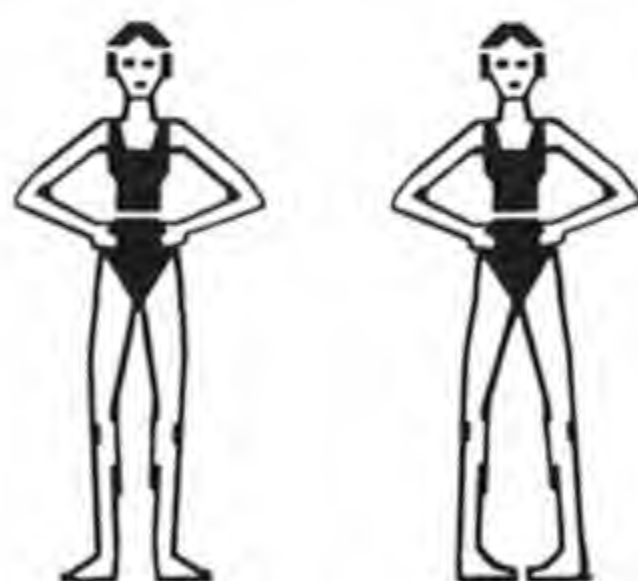
**EXERCISE #9: OPEN AND CLOSE** (As you land, make sure to slightly bend your knees to cushion the landing)

**STEP 1:** Feet open, parallel, hip-width apart. Jump up and land with your toes turned in.

**STEP 2:** Jump up and land with your toes turned out.

**\*\***The turning motion is really initiated in your hip joint. Make sure your entire leg turns in and out as you jump.

Repetitions: 15 times



**EXERCISE #10: TOUCH AND SLIDE** (Bend forward as you touch your knee)

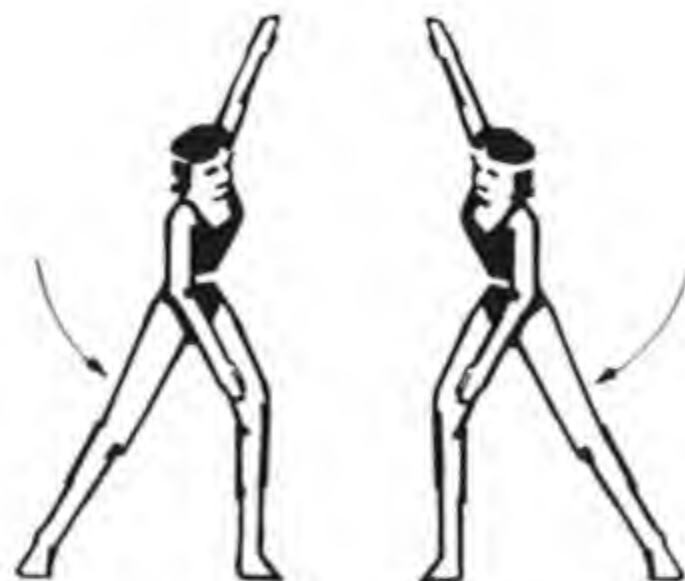
**STEP 1:** Arms extended out shoulder level. Jump on left foot and slide your right foot to the side. As you jump bring your right arm across and touch your left knee.



STEP 2: Jump placing your weight on your right foot and slide your left foot to the side. Bring your left arm across and touch your right knee.

**\*\*As you jump and land the supporting knee should be slightly bent.**

Repetitions: 15 times



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**EXERCISE #11: JUMPBACK** (This exercise is composed of two steps: 4 knee lifts and 4 jumpbacks. You move forward on the knee lifts and move back on the jumpbacks. Try it first forward and back. Once you really get the hang of it you can turn and do it sideways as it is performed on the screen)

STEP 1: Knee lifts: Hop and lift the right knee in front. Tap your knee with your left hand. Bounce feet together.

STEP 2: Hop and lift left knee in front. Tap your knee with your right hand. Bounce feet together.

**\*\*As you hop and lift and lower your knee you are actually creating a bouncing kind of motion.**

Repetitions: 2 times

STEP 3: After the last knee lift, bring your arms in front of your chest, elbows relaxed at your side.

STEP 4: Jump back and pause for 1 count. As you jump stretch your arms out straight in front of you at shoulder level. This arm movement is like you were pushing a door open.

STEP 5: Jump back 3 more times and then move forward as you repeat the knee lifts.



Repetitions: Repeat the entire sequence 4 times: 4 knee lifts, 4 bounce backs.  
 \*\*This is a relaxing step and is used to slow down the tempo a bit to let you catch your breath. Relax, but keep moving.



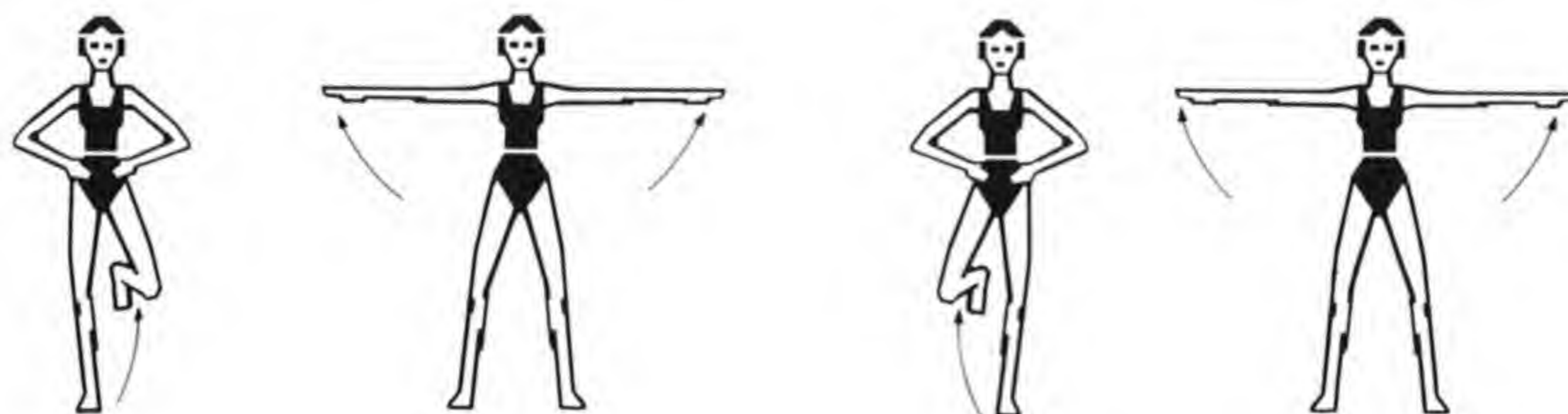
**EXERCISE #12:** ONE, TWO, THREE...JUMP (Make sure you remember to bend your knees as you hop and jump)

STEP 1: Arms on hips, elbows out. Bend your left leg back and hop 3 times on your right foot.

STEP 2: Jump and land with your legs open. Pause 1 count. As you jump extend your arms out at shoulder level.

STEP 3: Repeat, hopping 3 times on the left foot with the right leg back.

Repetitions: 10 times



**EXERCISE #13:** STRETCH AND HOP (This is just like the hopscotch step only you try to grab your foot as you lift it behind you)

STEP 1: Arms extended to the side at shoulder level. Jump and open feet. Hop onto your right leg and bring your left leg across and behind the right knee. Reach down with your right hand and touch the lifted foot.

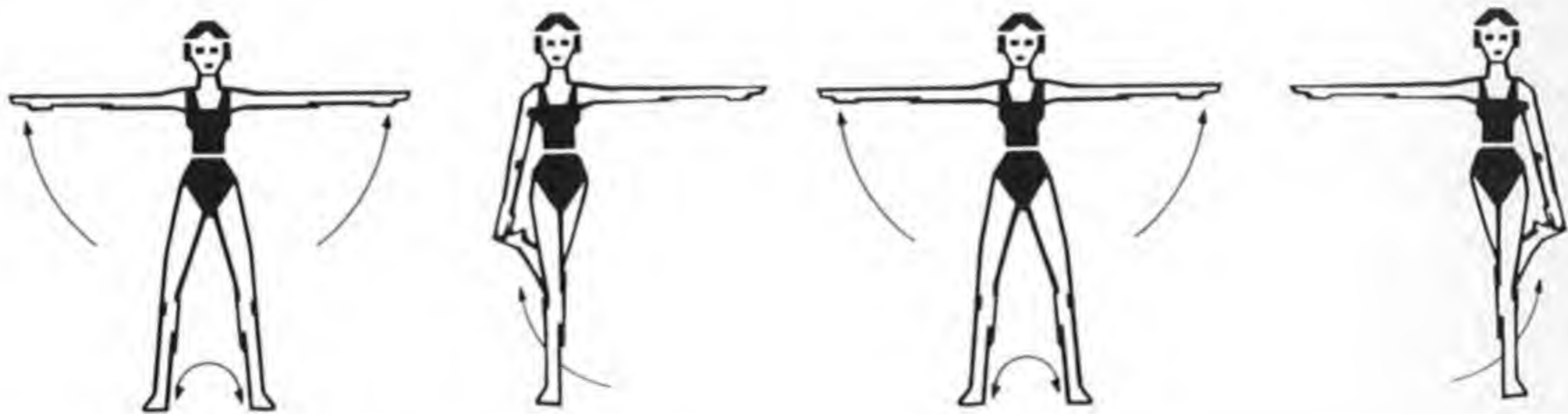


STEP 2: Bring arms back to shoulder level. Jump and open feet, hop onto your left leg and bring your right leg across and behind your left knee. Reach down with your left arm and touch the lifted foot.

STEP 3: Repeat, jump, hop one leg back and touch, then alternate jump, hop, and touch.

**\*\***Make sure that when you reach back and touch your lifted foot that you stretch the arm down as you keep the upper body lifted. That way you will get a great stretch up the side.

Repetitions: 10 times



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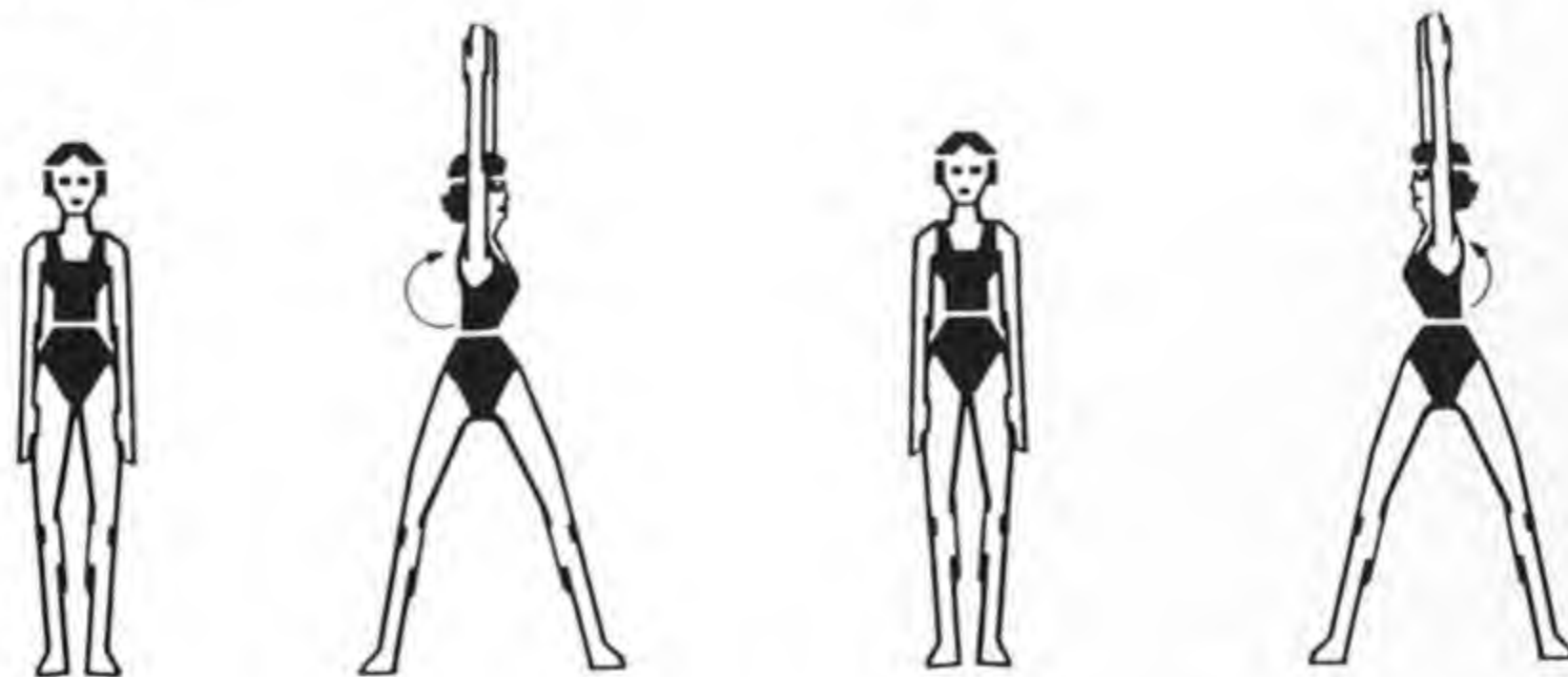
**EXERCISE #14:** JUMPING JACK TWISTS (This is a jumping jack, with a twist added)

STEP 1: Jump up and twist your body. Open your legs and lift your arms overhead and touch.

STEP 2: Jump up, twist your body center and close legs. Arms drop to side, palms in.

STEP 3: Repeat to the left.

Repetitions: 10 times





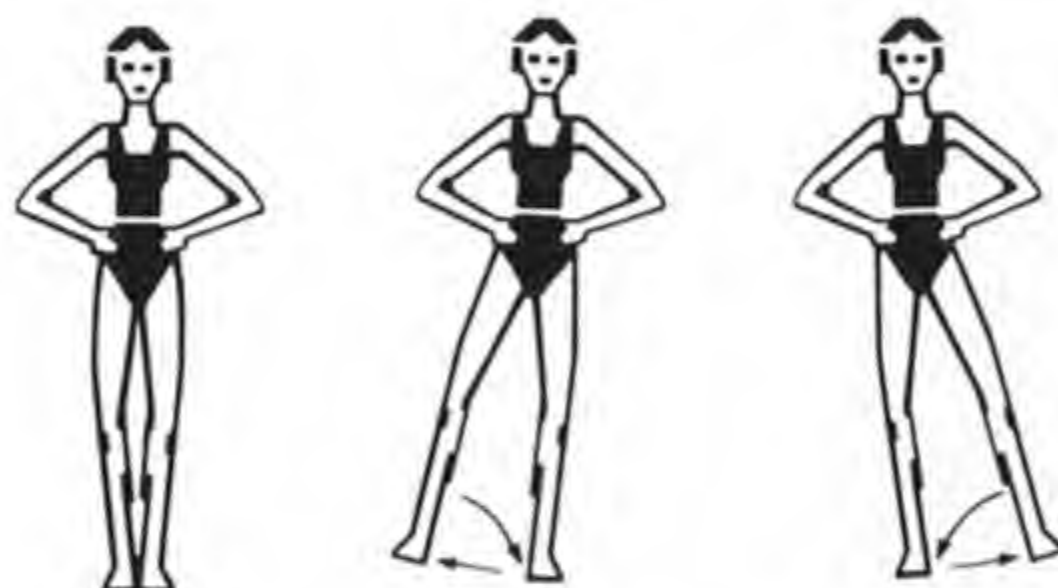
**EXERCISE #15: SIDE TO SIDE** (This is one smooth movement as though you were rocking back and forth from side to side)

STEP 1: Feet together parallel. Your weight is on your left foot. Hop onto your left foot and slide your right leg to the right side.

STEP 2: Hop your weight onto your right foot and slide your left foot out.

STEP 3: Hop your weight onto your left leg and repeat.

Repetitions: 10 times



**EXERCISE #16: JUMPBACK** (Here's another chance to relax and take some really deep breaths)

STEP 1: Knee lifts: Hop and lift the right knee in front. Tap your knee with your left hand. Bounce feet together.

STEP 2: Hop and lift left knee in front. Tap your knee with your right hand. Bounce feet together.

**\*\*As you hop and lift and lower your knee you are actually creating a bouncing kind of motion.**

Repetitions: 2 times

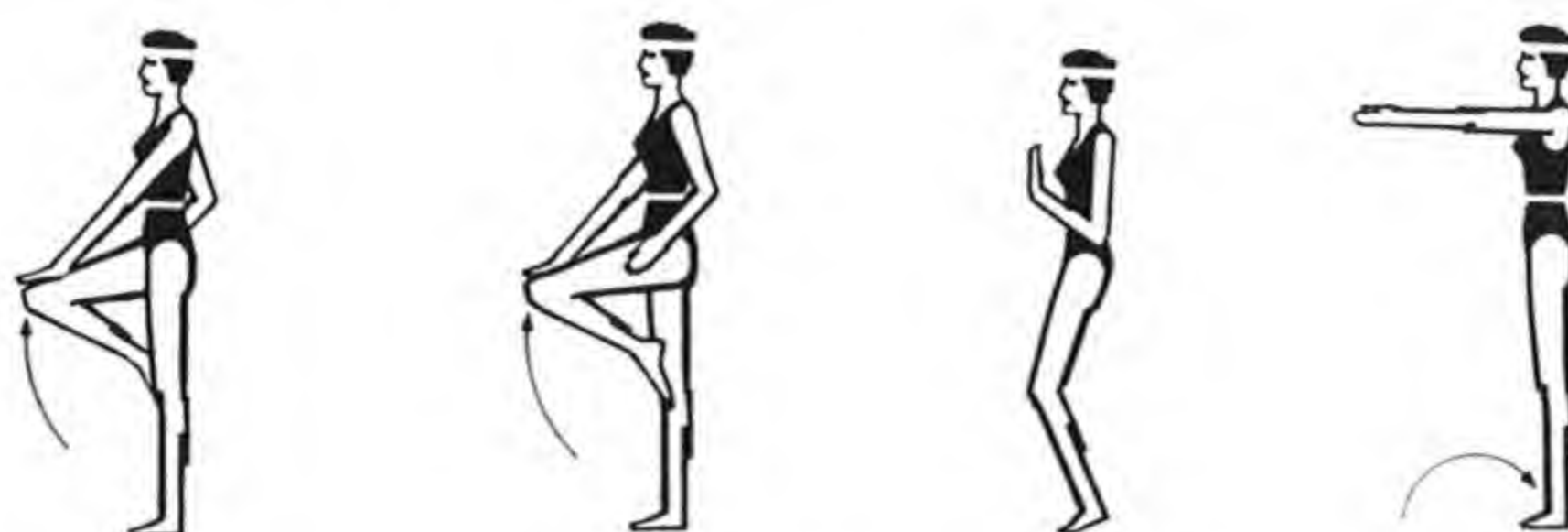
STEP 3: After the last knee lift, bring your arms in front of your chest, elbows relaxed at your side.

STEP 4: Jump back and pause for 1 count. As you jump stretch your arms out straight in front of you at shoulder level. This arm movement is like you were pushing a door open.

STEP 5: Jump back 3 more times and then move forward as you repeat the knee lifts.



Repetitions: Repeat the entire sequence 4 times: 4 knee lifts, 4 bounce backs.



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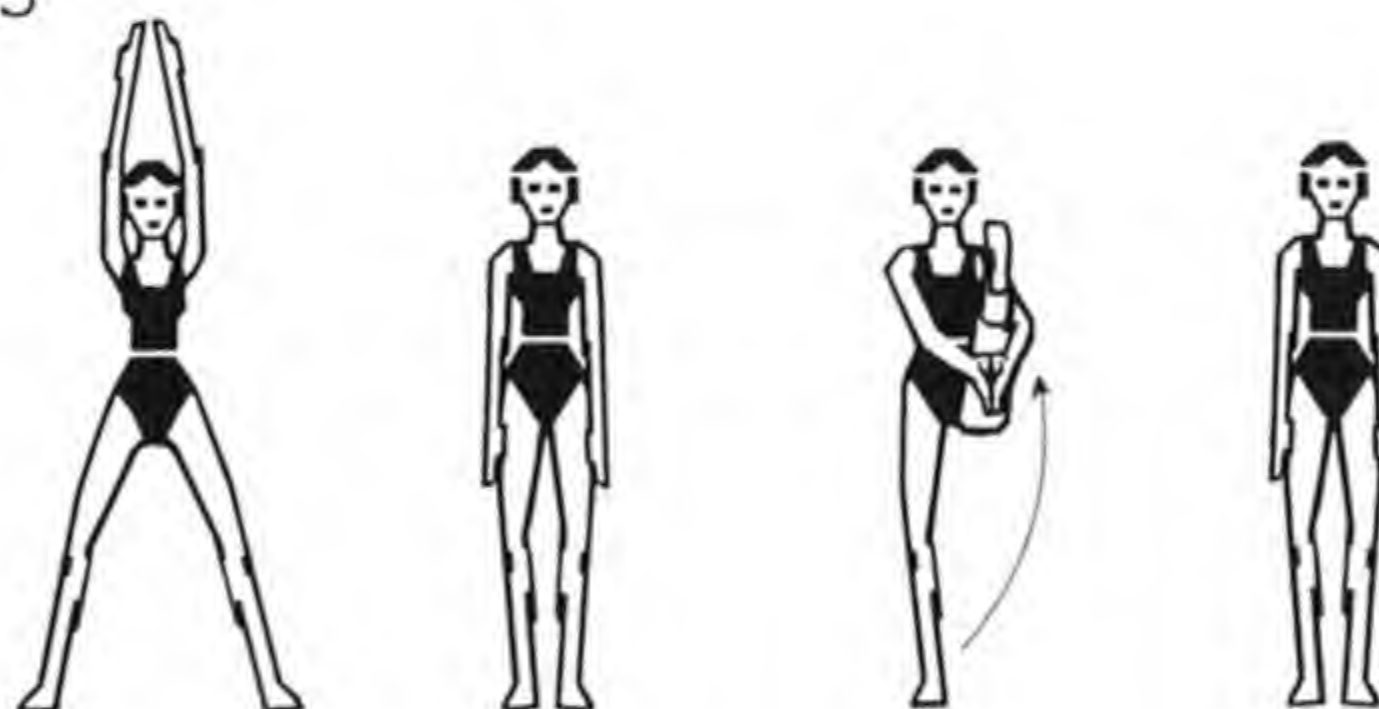
**EXERCISE #17:** CAN CAN (Work on lifting the leg higher and higher)

STEP 1: Jump up with your legs apart and clap your hands above your head. Bounce feet together.

STEP 2: Jump on your right foot, kick your left leg up and clap your hands underneath. Bounce feet together.

STEP 3: Repeat to the other side.

Repetitions: 5 times



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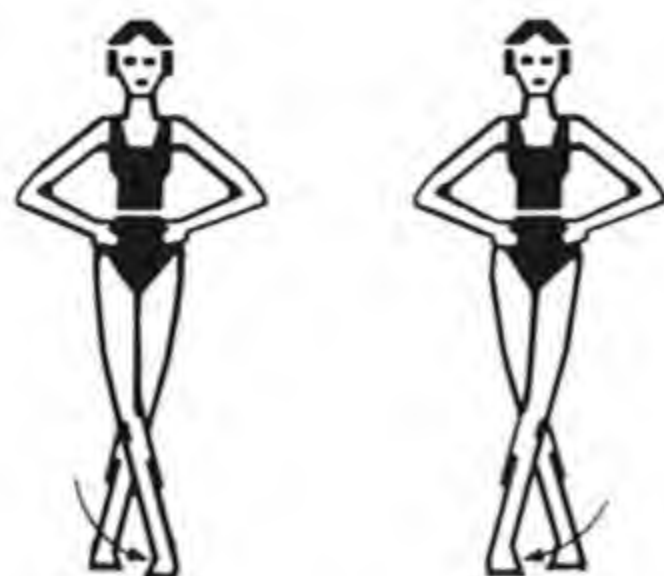
**EXERCISE #18:** SCISSORS

STEP 1: Hands on hips, elbows out to the side. Jump up and land with feet crossed, right foot in front.

STEP 2: Jump up, alternate feet and land with feet crossed, left foot in front.

Repetitions: 10 times





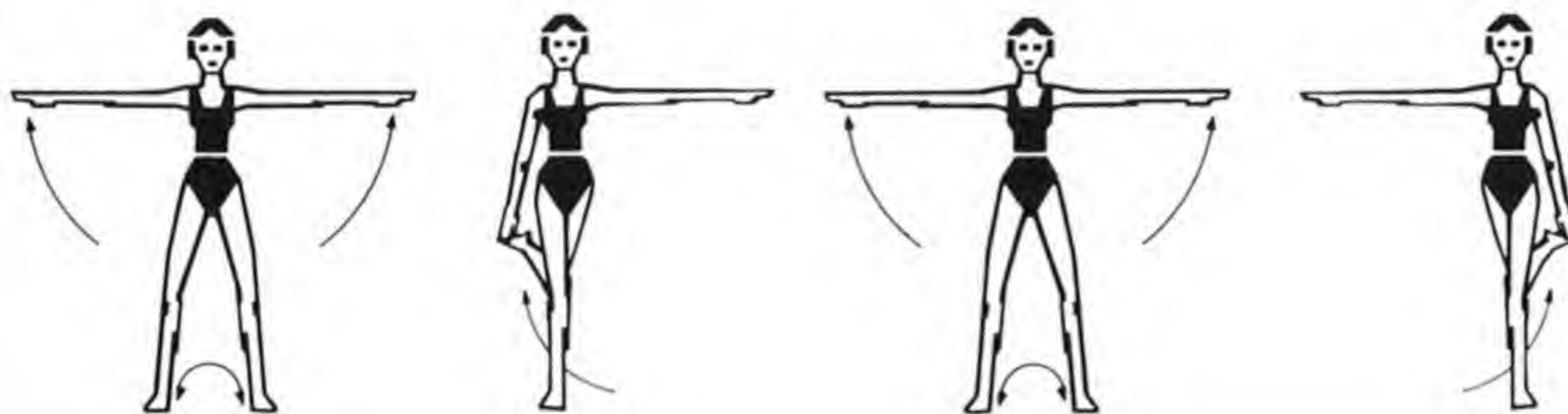
## EXERCISE #19: STRETCH AND HOP

STEP 1: Arms extended to the side at shoulder level. Jump and open feet. Hop onto your right leg and bring your left leg across and behind the right knee. Reach down with your right hand and touch the lifted foot.

STEP 2: Bring arms back to shoulder level. Jump and open feet, hop onto your left leg and bring your right leg across and behind your left knee. Reach down with your left arm and touch the lifted foot.

STEP 3: Repeat jump, hop, one leg back and touch, then alternate jump, hop and touch.

Repetitions: 5 times

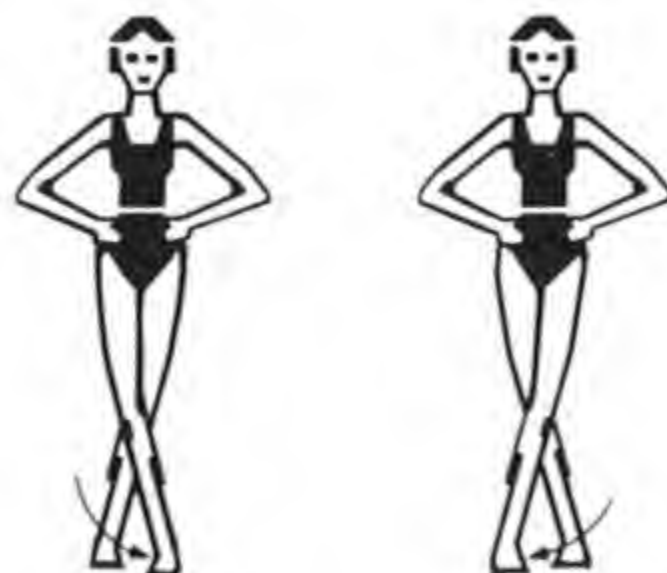


## EXERCISE #20: SCISSORS

STEP 1: Hands on hips, elbows out to the side. Jump up and land with feet crossed, right foot in front.



STEP 2: Jump up, alternate feet and land with feet crossed, left foot in front.  
Repetitions: 10 times



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**EXERCISE #21:** JOG (This is the final exercise in the routine. Make this a relaxed jog. Use this exercise to help your body wind down)

STEP 1: Jog in place.

Repetitions: 15 times



TAKE A DEEP BREATH. STRETCH YOUR ARMS TO THE SIDE. FOLLOW UP THE ROUTINE WITH THESE EXERCISES.

---

### **AEROBIC STRETCHES:**

**EXERCISE #22:** ROLL DOWN THE SPINE

BEGINNING STANCE: Shoulders relaxed, stand erect. Stomach tight, buttocks tucked. Feet parallel and hip-width apart. Relax shoulders. Arms at your side.

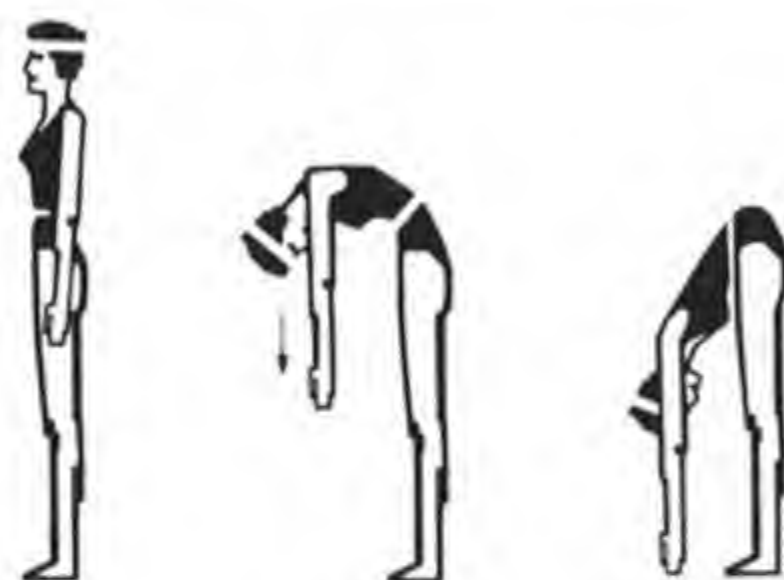


**STEP 1:** Drop your chin to your chest, exhale and roll down the spine to your waist one vertebra at a time. Pause, inhale.

**\*\*Place your arms behind you. As you roll down the spine let your arms draw down the back of your legs to your ankles. This will help you keep your weight centered properly over your toes.**

**STEP 2:** Exhale and continue rolling down your spine. Fold upper body over thighs, knees bent. Head dangling, place palms on the floor. Pause for a few seconds and keep breathing.

**\*\*Inhale as you stretch, exhale as you bend your knees.**



## **EXERCISE #23: JAZZ LUNGES**

**BEGINNING STANCE:** Place palms on the floor on either side of your feet. Stretch your right leg back and center weight over your knee and chest. Your body is in a low lunge.

**STEP 1:** Keeping your back leg as straight as possible, center your weight over your knee and bounce 4 times.

**STEP 2:** Maintaining a lunge, lift your upper body so that your back is straight. As you straighten your back stretch your arms out in front of you at shoulder level. Your head and upper body should be in one straight line as you bounce again 4 times.

**STEP 3:** Maintain the same position and raise your arms over your head. Repeat bouncing 4 more times.

**STEP 4:** Repeat the entire sequence on the right 1 more time.





### **(EXERCISE #24):**

STEP 5: After the last set of lunges with arms raised overhead, extend your bent knee back. Walk your hands away from your body, centering your weight over your shoulders and hands. Lean back into your hips and alternate pressing your heels into the floor. Your knees will bend as you do this. Repeat 10 times.

**\*\***You should feel a real good stretch up the back of your calves.



### **(EXERCISE #25, #26):**

STEP 6: Repeat the entire sequence (steps 1 – 5) on the left side.

### **EXERCISE #27: ROLLING UP THE SPINE**

BEGINNING STANCE: Feet parallel, upper body collapsed over your legs and feet. Let your head hang limp. Center your weight over your toes. Place your hands behind your ankles.

STEP 1: Exhale as you roll up one vertebra at a time until you are standing straight.

**\*\***As you roll up let your hands travel up the back of your legs. This will help you keep your shoulders down and maintain your center.



# CHAPTER SEVEN

## BODY PARTS—ARMS (SECTION 3)

These exercises are designed to help you trim and tone up your upper arms. One of the benefits of performing these exercises is that as you work your arms you are also strengthening your pectorals (the muscles that lie under your breasts).

**EXERCISE #1:** CHICKEN WINGS (Pectoral and upper arm muscles)

**BEGINNING STANCE:** Stand erect, feet parallel, slightly more than hip-width apart. Arms at shoulder level. Keeping your elbows out, fold arms in front of your chest, palms facing down. Keep your stomach tight, buttocks tucked.

**STEP 1:** Bounce your arms back from the shoulders. Keep your elbows bent.

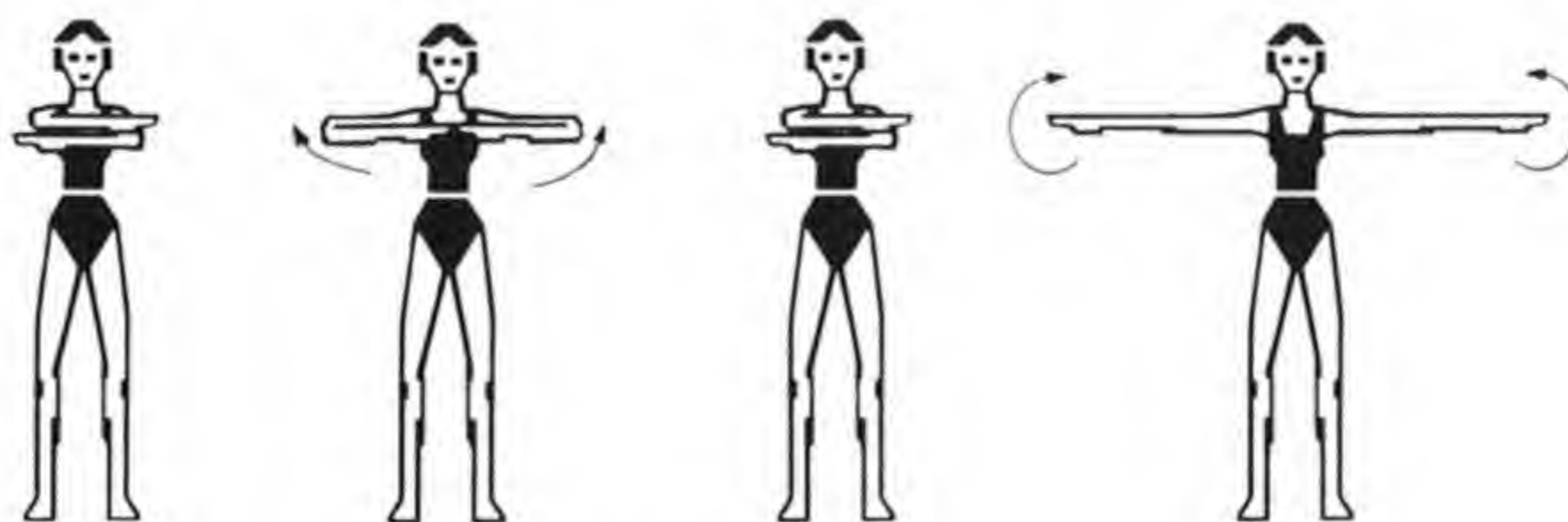
**STEP 2:** Bring your arms back together in front of your chest.

**STEP 3:** Open your arms out to the side, elbows straight and bounce the arms back.

**STEP 4:** Return arms together in front of your chest.

**\*\*The movement through the four steps is one smooth movement. Be careful not to arch your back or bounce too abruptly. Stretch, don't strain.**

**Repetitions:** Each step is done in 1 count. Beg. 8 times, Int. 12 times, Adv. 16 times.



**EXERCISE #2:** UPPER ARM SCISSORS (Upper arm muscles)

**BEGINNING STANCE:** Feet slightly more than hip-width apart. Stomach tight,

1  
Warm Up  
Pg. 23

2  
Aerobics  
Pg. 31

3  
Arms  
Pg. 47

4  
Waist  
Pg. 55

5  
Stomach  
Pg. 65

6  
Legs  
Pg. 73

7  
Hips  
Pg. 79

8  
Buttocks  
Pg. 83

9  
Cool Down  
Pg. 87



buttocks tucked. Stretch arms behind you, palms up. Keeping elbows straight, reach up away from your back as high as possible.

**\*\***Keep your shoulders relaxed and back as you do this movement. You should feel a stretch up the back of the upper arm.

STEP 1: Scissor arms behind you.

**\*\***Be careful not to arch your back as you scissor them back and forth.

Repetitions: Take 1 count to alternate scissoring the arms. Beg. 12 times, Int. 16 times, Adv. 20 times.



---

### **EXERCISE #3: SHOULDER TAPS (Shoulders and upper arms)**

BEGINNING STANCE: Feet slightly more than hip-width apart. Stomach tight, buttocks tucked. Stretch arms out to the side at shoulder height, palms facing down. Walk or jog in place.

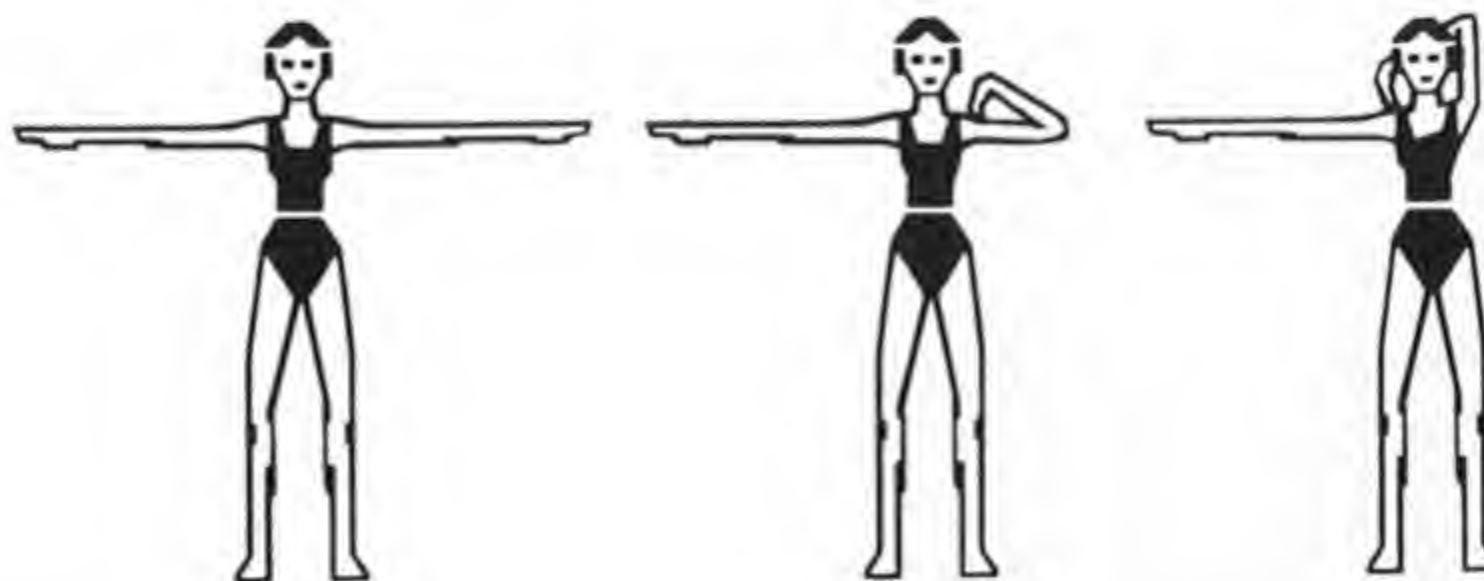
STEP 1: Turn the left palm up, bend the elbow and touch your left shoulder.

STEP 2: Reach the left hand behind your neck and tap your right shoulder.

STEP 3: Bring your left hand behind your neck and tap the left shoulder.

Return to the original position with the palm facing down.

Repetitions: Repeat to the right. Alternate sides. Each movement takes 1 count. Beg. 4 times, Int. 4 times, Adv. 8 times.





#### **EXERCISE #4:** UPPER ARM TWISTS (Upper arms)

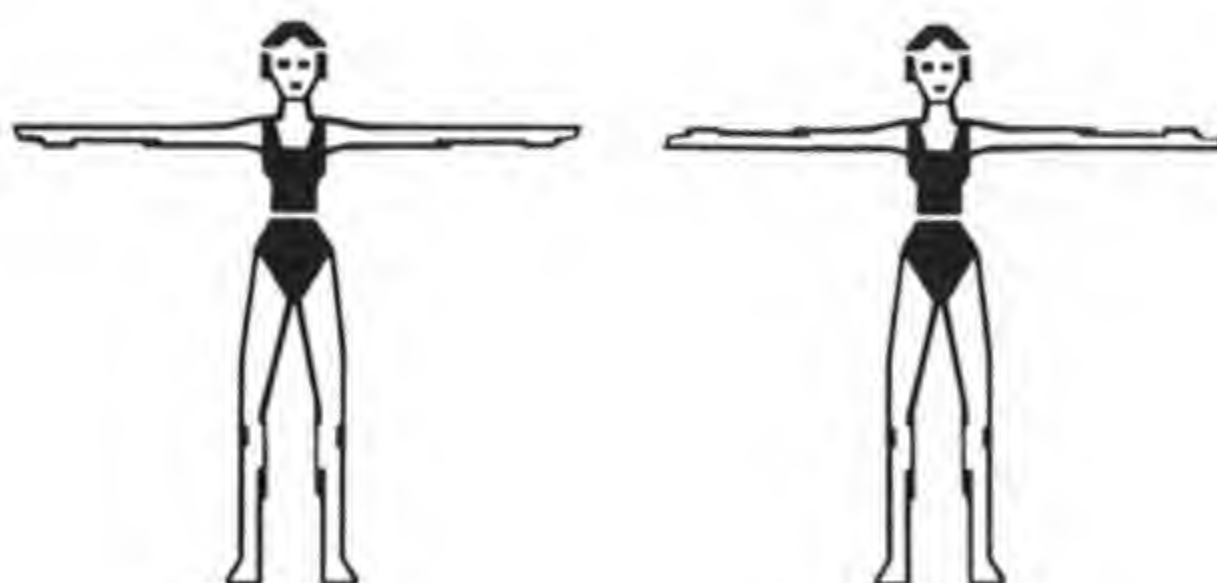
BEGINNING STANCE: Feet slightly more than hip-width apart. Stomach tight, buttocks tucked. Stretch arms out to the side at shoulder height, palms facing down.

**\*\***Make sure you keep your shoulders still as you twist your arms.

STEP 1: Keeping arms straight, twist arms turning elbows up, twist arms and face elbows down. Repeat.

Repetitions: The movement forward and back each take 1 count. Beg. 8 times, Int. 8 times, Adv. 16 times.

**3**  
Arms



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#### **EXERCISE #5:** UPPER ARM TIGHTENERS (Upper arm muscles)

BEGINNING STANCE: Stand erect, feet parallel, hip-width apart. Keeping your back flat, bend over at the waist. Your torso should be parallel to the floor. Bend your arms, keeping elbows close to your side, hands against your chest. Slightly bend your knees and keep weight forward.

STEP 1: Unfold and stretch your arms behind you as high as possible.

**\*\***Keep your neck and head in one straight line. Don't lift your head.

STEP 2: Return to beginning position.

Repetitions: Beg. 16 times, Int. 20 times, Adv. 32 times.





**EXERCISE #6:** ARM CIRCLES (Upper arms, shoulders)

BEGINNING STANCE: Feet slightly more than hip-width apart. Stomach and buttocks tucked. Stretch arms out to the side at shoulder height, palms out parallel to your body.

**\*\***Keep the arms straight and level with the shoulder as you make small circles. Be careful to keep your shoulders down and not to arch your back.

STEP 1: Circle the arms forward 8 times.



**(EXERCISE #7):**

STEP 2: Circle the arms backward 8 times.



**(EXERCISE #8):**

STEP 3: Face palms down parallel to the body. Circle arms forward 8 times.





### (EXERCISE #9):

STEP 4: Circle the arms back 8 times.

Repetitions: Beg. do entire sequence once, Int. do entire sequence once, Adv. sequence done once with 12 repetitions instead of 8 times.



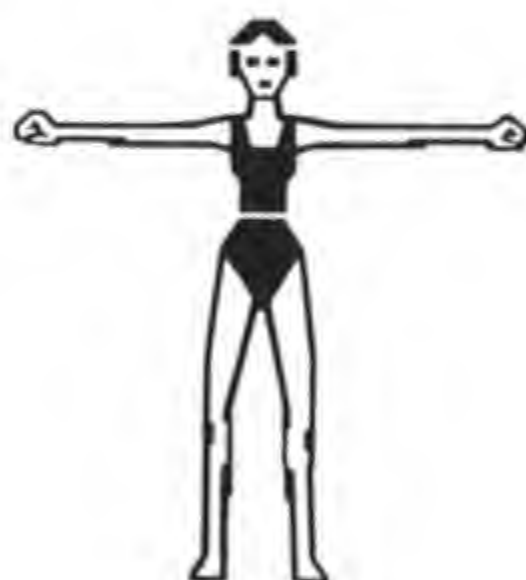
3  
Arms

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### EXERCISE #10: FLIP FLOPS (Pectorals, upper arms)

BEGINNING STANCE: Feet slightly more than hip-width apart. Stomach tight, buttocks tucked. Stretch arms out to the side at shoulder height. Make a tight fist. Hold.

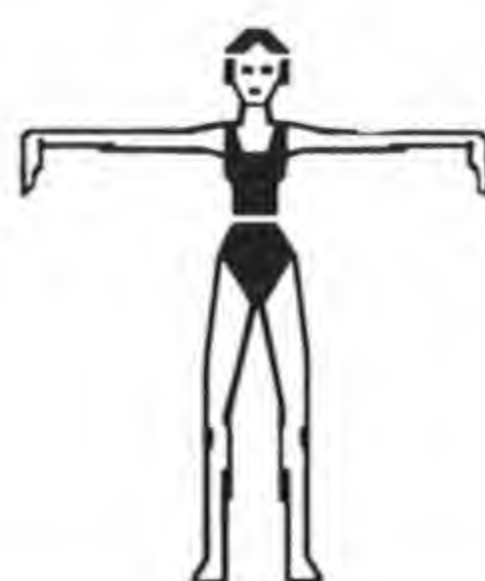
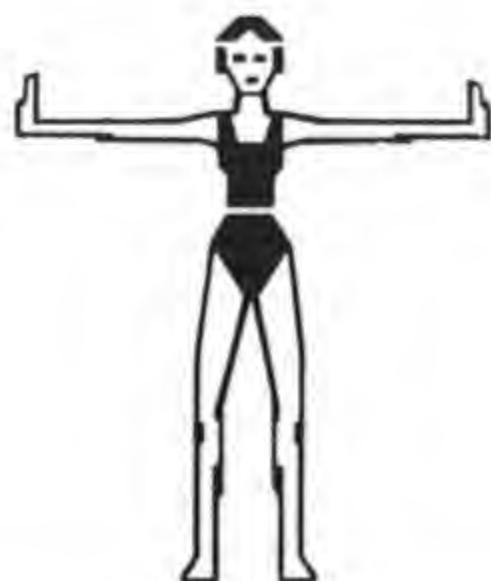
**\*\***Hold the tension in the fist as you unfold the hands up, palms facing out. You should feel a tension in the arms as you wave your hands up and down.



### (EXERCISE #11):

STEP 1: Drop the palm down and flip palm up. Repeat.

Repetitions: The movement is done in 1 count. Beg. none, Int. 12 times, Adv. 20 times.





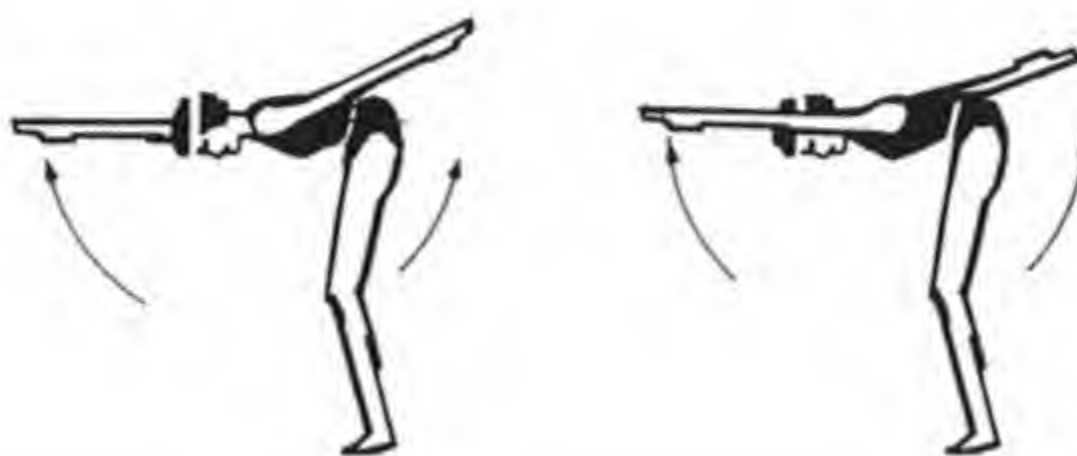
**EXERCISE #12: SHOULDER RELEASE** (Shoulders and upper arms)

BEGINNING STANCE: Stand erect, feet parallel. Stomach tight, buttocks tucked. Keeping your back flat, bend over from the waist. Your torso should be parallel to the floor. Arms dangling at your side.

STEP 1: Stretch your right arm forward and your left arm back. Both at shoulder level. Lifting from the upper arm, stretch arms up and down twice.

STEP 2: Alternate arms and repeat.

Repetitions: Beg. none, Int. 4 times, Adv. 8 times.



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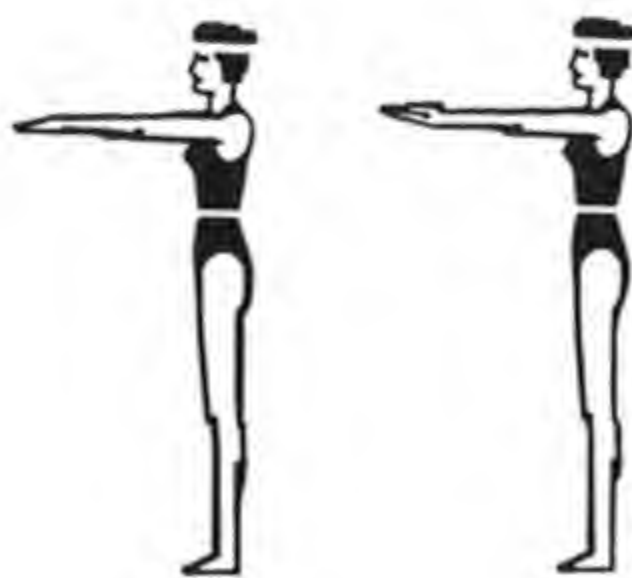
**EXERCISE #13: ELBOW TWISTS** (Trims inner upper arm muscles)

BEGINNING STANCE: Stand erect, feet hip-width apart. Stomach in, buttocks tucked. Stretch your arms, palms down, in front of you at shoulder height.

STEP 1: Keeping your elbows as still as possible, twist your forearms and palms upward.

STEP 2: Keeping your elbows still, turn your forearms and palms down. Repeat.

\*\*This motion is like turning a doorknob.

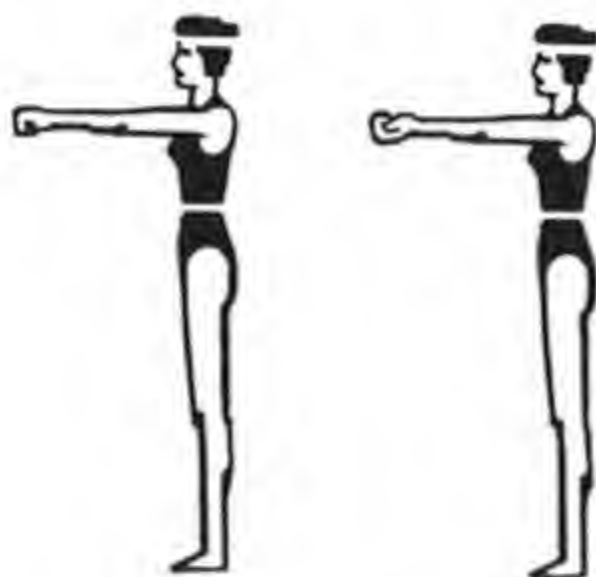




**(EXERCISE #14):**

STEP 3: Make a fist and repeat the exercise.

Repetitions: The twisting movement takes 1 count. Beg. none, Int. 12 times, Adv. 16 times.



**3**  
Arms

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**EXERCISE #15, #16: ARM RELEASE** (Releases shoulder and upper arm muscles)

BEGINNING STANCE: Feet parallel, knees bent. Stomach tight, buttocks tucked. Arms at side.

STEP 1: Relax arms and swing them right to left. As you swing, let the arms wrap in front and back at waist level. Make sure your hips stay still and forward.

Repetitions: 4 times.









## WAIST (SECTION 4)

The waist is one of the easiest parts of your body to slim down...If you do the exercises properly.

Whenever you do side reaches be sure to keep your upper body lifted (remember...as if a string was attached to the top of your head and someone was pulling that string up). You always want to reach out of the waist to the side without releasing your hips or rocking back. As you reach over keep your buttocks tucked. If you do this it won't be as easy to release your hips.

Whenever an exercise calls for you to raise your hand over your head and stretch, keep the lifted palm up. This will give you an additional stretch up your side. Another trick is to snap the raised hand as you reach up the side.

### EXERCISE #1: RIB PULLS (Obliques)

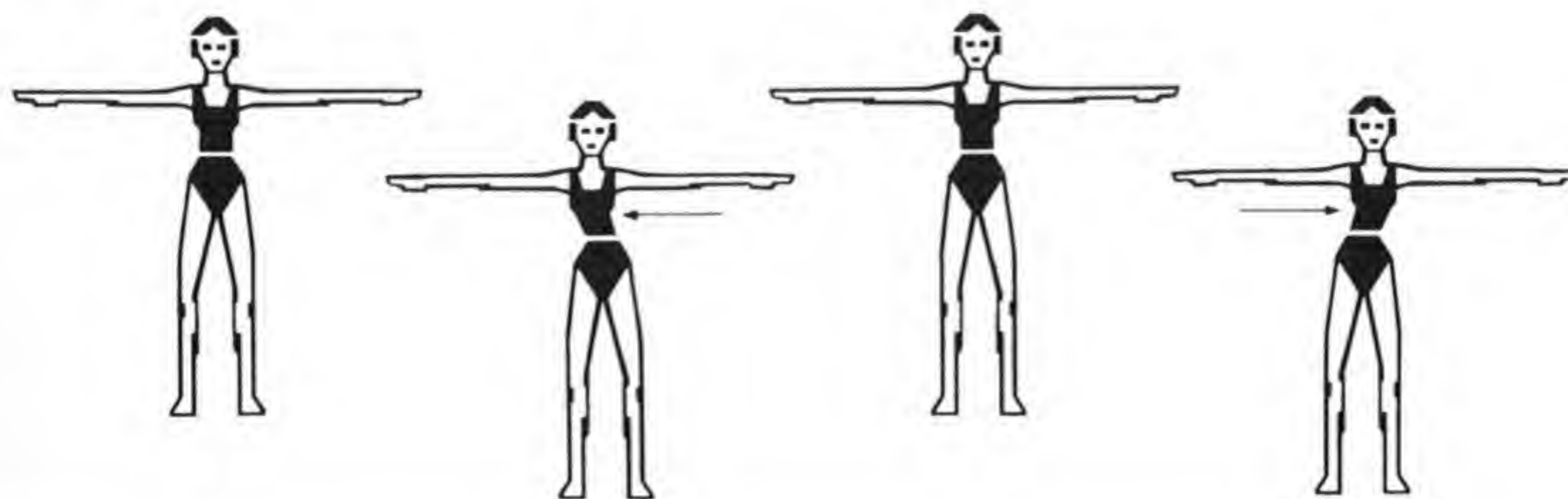
**BEGINNING STANCE:** Stand erect with your shoulders relaxed. Keep your feet parallel and hip-width apart. Tuck your buttocks and tighten your stomach. Extend arms out at shoulder level.

**\*\*This exercise takes some practice. Imagine that there is a string attached to the side of your ribs and someone is pulling this string right and then left.**

**STEP 1:** Keeping hips still, shift your ribs over to the right.

**STEP 2:** Shift the ribs back to center and repeat to the other side.

**Repetitions:** Shifting the ribs takes 1 count. Beg. 8 times, Int. 12 times, Adv. 16 times.





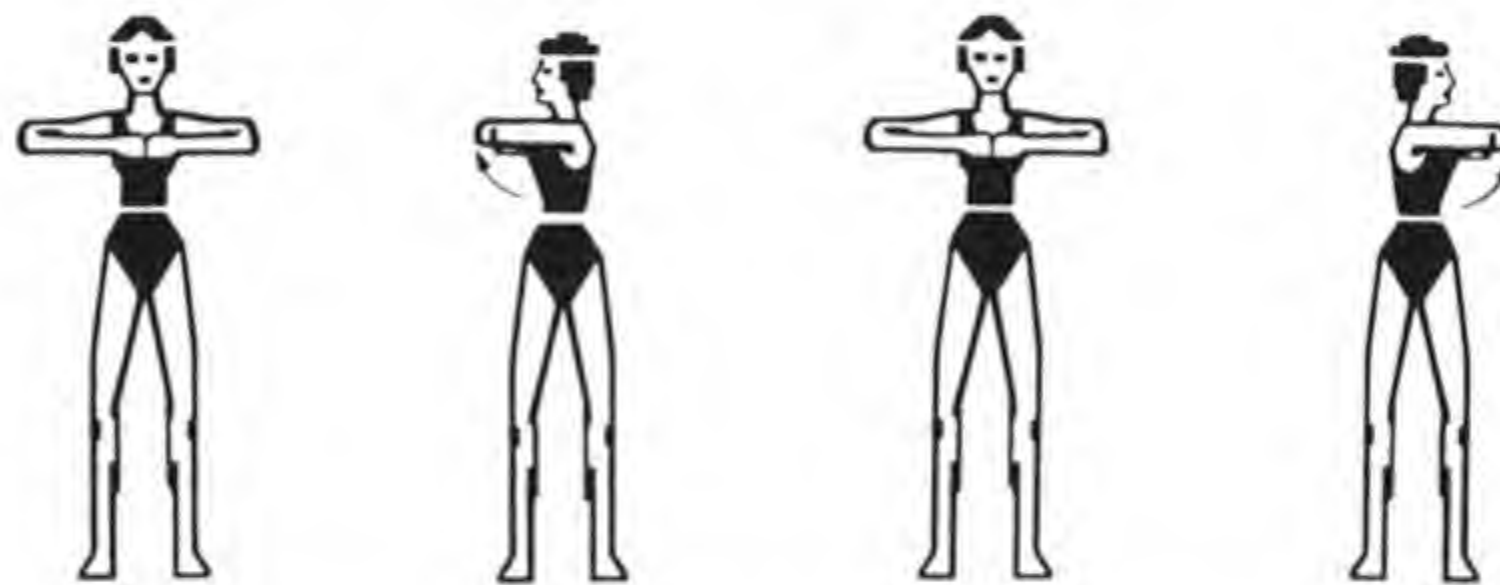
## **EXERCISE #2:** COPTER TWISTS (Pectorals and waist)

BEGINNING STANCE: Stand erect with your feet parallel and hip width apart. Tuck your buttocks and tighten your stomach. Bend elbows keeping them at shoulder level. Fold arms in front of chest. Make a fist.

STEP 1: Keeping your hips forward twist the upper torso as far back as possible. Stretch back 4 times.

STEP 2: Return to center and twist to the other side and repeat.

Repetitions: Twist back and bounce 4 times, twist center and repeat to the other side. Beg. 4 times, Int. 6 times, Adv. 8 times.



---

## **EXERCISE #3:** WAIST WHITTLER (Obliques and waist)

BEGINNING STANCE: Stand erect with your feet parallel, legs slightly more than hip-width apart. Hips forward, stomach in, and buttocks tucked. Raise hand over head with palm facing up, place other arm behind you at waist level.

**\*\*Lift out of your waist as you reach over and bounce. Feel the stretch up the side.**

STEP 1: Without bending forward, stretch over to the side and bounce.

STEP 2: Return to center, switch arms and repeat to the other side.

Repetitions: The exercise is done with 8 bounces. Beg. 1 time, Int. 1 time, Adv. 1 time.





#### **(EXERCISE #4):**

The exercise is repeated with 4 bounces.

Repetitions: Beg. 1 time, Int. 1 time, Adv. 1 time.

#### **(EXERCISE #5):**

The exercise is repeated with 2 bounces.

Repetitions: Beg. 2 times, Int. 2 times, Adv. 4 times.

#### **(EXERCISE #6):**

The exercise is repeated with 1 bounce.

Repetitions: Beg. 8 times, Int. 8 times, Adv. 16 times.

#### **EXERCISE #7: ELBOW PULLS (Waist and obliques)**

BEGINNING STANCE: Stand with your legs slightly more than hip-width apart. Hips forward, stomach tight and buttocks tucked and tight. Keeping your shoulders down, bend your elbows and place your hands behind your head.

**\*\*You'll feel a real good stretch up the side if you keep your elbows back and wide. Lift out of your waist as you stretch to the side.**

STEP 1: Keeping your hips forward and still, stretch over to the side and bounce from the waist.

STEP 2: Stretch your arms overhead with hands clasped, elbows straight. Head facing front. Without bending forward, stretch over to the side. Bounce.

**\*\*Make sure your hips stay forward and your upper arm is back. Reach out of your waist and try to stretch further and lower.**

STEP 3: Keep hands clasped overhead, bend your elbows, stretch to the side and look up at the top elbow. Keep the shoulders relaxed and the top arm back.

**\*\*Try to stretch further and lower as you bounce.**

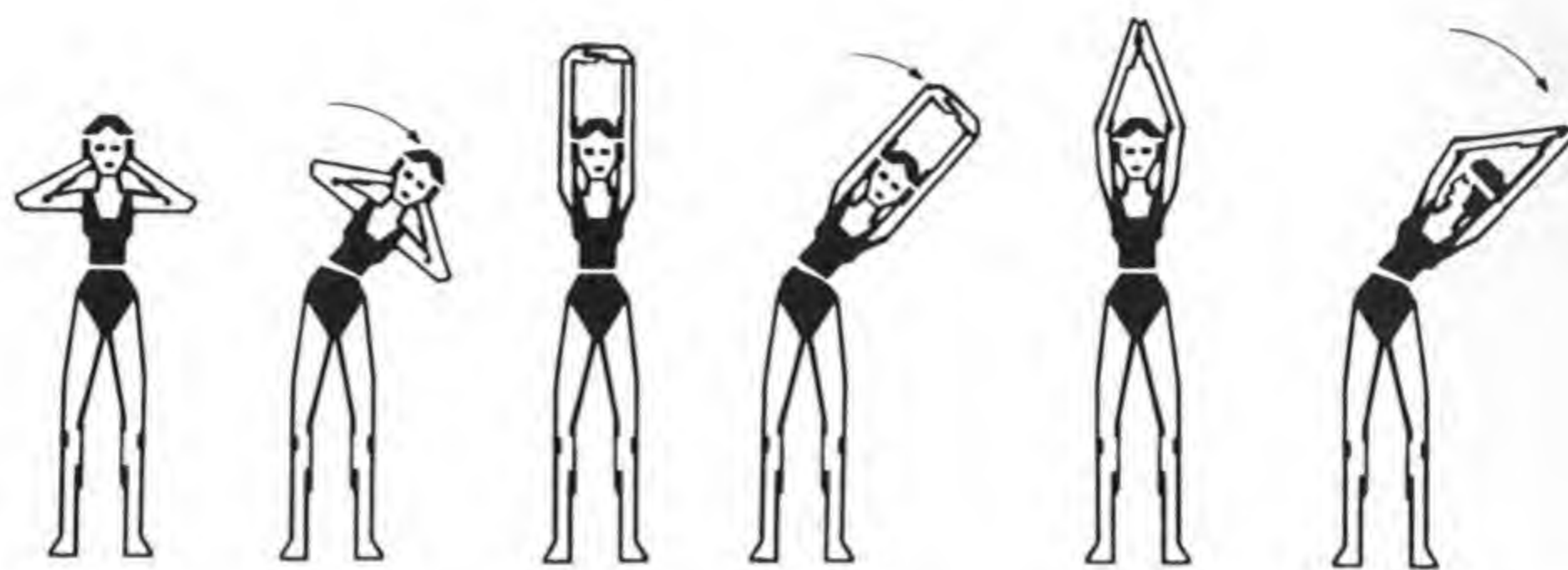
STEP 4: Raise to center and repeat the entire sequence to the other side.

Repetitions: Each set of bounces is done 8 times. Each bounce takes 1 count.

Beg. Repeat entire sequence once, Int. Repeat entire sequence once, Adv.

Repeat sequence twice.






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### **EXERCISE #8: EASE OUT LOWER BACK**

**BEGINNING STANCE:** Stand erect feet parallel and hip-width apart. Stomach tight and buttocks tucked. Bend your knees. Arms at side.

**STEP 1:** Keeping your upper body straight, lift out of your waist. Swing arms right to left. As you swing, let them wrap in front and in back of your body at waist level.




---

### **EXERCISE #9: WAIST STRETCHER (Obliques and waist)**

**BEGINNING STANCE:** Stand erect, feet slightly more than hip-width apart. Stomach tight and buttocks muscles tucked. Keeping your shoulder down, reach your arms straight up over your head.

**STEP 1:** Reaching up and out of your waist, stretch over to the side. Keep your hips forward. Bounce 8 times.

**\*\***Your upper torso and arms should face forward and be parallel to the floor.

**STEP 2:** Twist at your waist, flatten your back. Your torso and arms should face the floor. Reach out over your toes and bounce 8 times.

**\*\***Make sure your torso and head are in one straight line as you bounce. Keep your stomach tight.

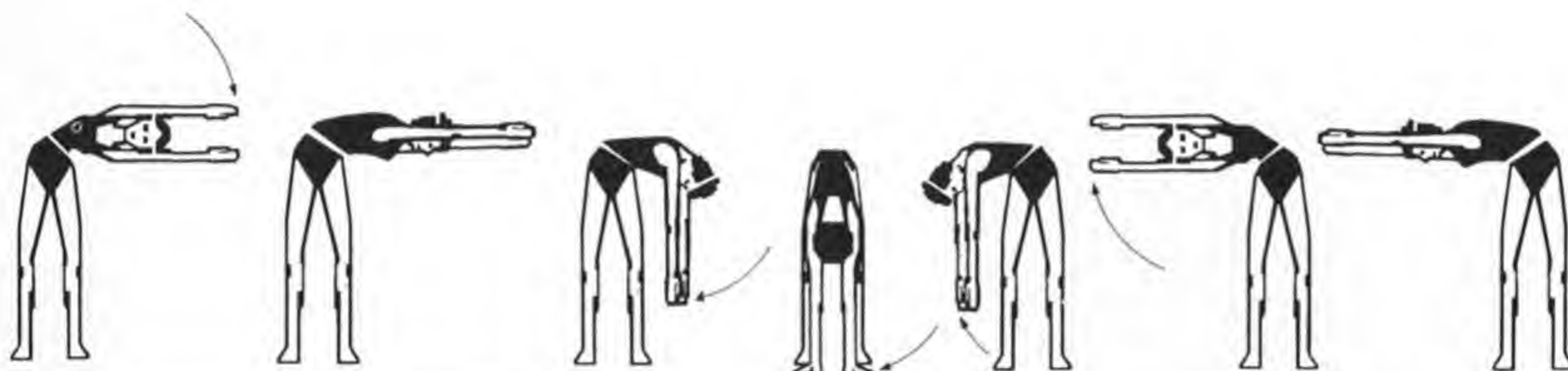
**STEP 3:** Slowly collapse your upper body over your leg, hands on the floor by your ankle. Slowly circle center and around to the other side.



**\*\*Walk your hands away from your ankles to the center and to the other side, then stretch up and repeat to the other side.**

**STEP 4:** Return to the original stretch position and repeat to the other side.

**Repetitions:** Each of the stretches are repeated 8 times for 1 count each. The dropping and circling to the other side is done in 4 counts. Beg. sequence repeated twice, Int. sequence repeated twice, Adv. sequence repeated three times.



**4**  
Waist

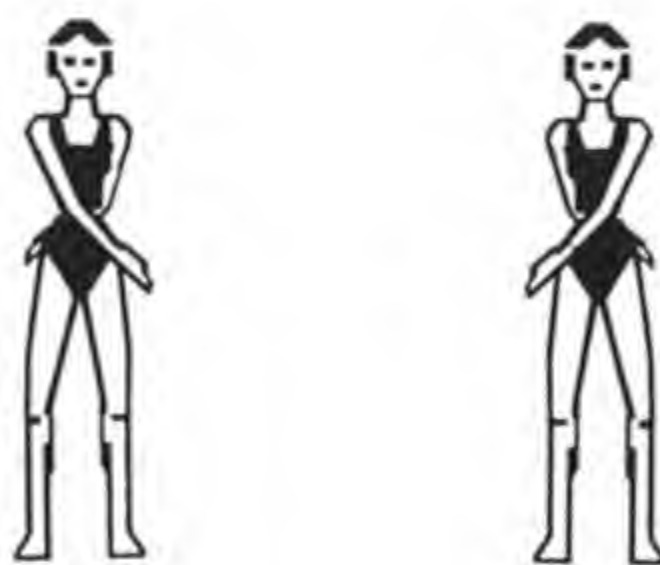
## **EXERCISE #10: LOWER BACK RELEASE**

**BEGINNING STANCE:** Stand with feet parallel, arms at side.

**STEP 1:** Bend arms and swing one in front at waist level, and the other arm in back.

**STEP 2:** Repeat alternating arms in front and back.

**Repetitions:** 4 times (all levels)



GET YOUR MAT. THE REST OF THE EXERCISES WILL BE DONE ON THE FLOOR.

## **EXERCISE #11: WAIST TWIST (Obliques and waist)**

**BEGINNING STANCE:** Sit with legs together, extended straight out in front of you, feet flexed. Keeping your shoulders down, raise your arms overhead.



Keep your stomach tight, buttocks tucked and your back straight as you lift out of your waist.

STEP 1: With a sweeping motion, bend at the waist and reach your upper body over your thighs. Your arms and torso should be in one line as you reach past your toes. Bounce 4 times.

STEP 2: On the 5th bounce reach up with arms straight, twist at the waist, turning your torso to the side. Open your arms out to the sides at shoulder level.

**\*\***Make sure you keep your hips forward as you twist and open your arms. You should feel a stretch up the side.

STEP 3: Bring your arms parallel overhead. Twist your waist and return to beginning position. Repeat to the other side.

Repetitions: Step 1 is done in 1 count, Step 2 takes 4 counts to twist and open arms, Step 3 is done in 1 count. Beg. none, Int. 4 times, Adv. 6 times.



---

## **EXERCISE #12: WAIST TILTS (Obliques and waist)**

BEGINNING STANCE: Sit with your legs open and extended to the side, knees bent and soles on the floor. Lift your buttocks. Shoulders relaxed, rest your hands on your knees.

**\*\***To get the most from all floor exercises, it is essential to keep your buttocks on the floor. Always check yourself as you stretch from side to side to see that your hips and buttocks are down.

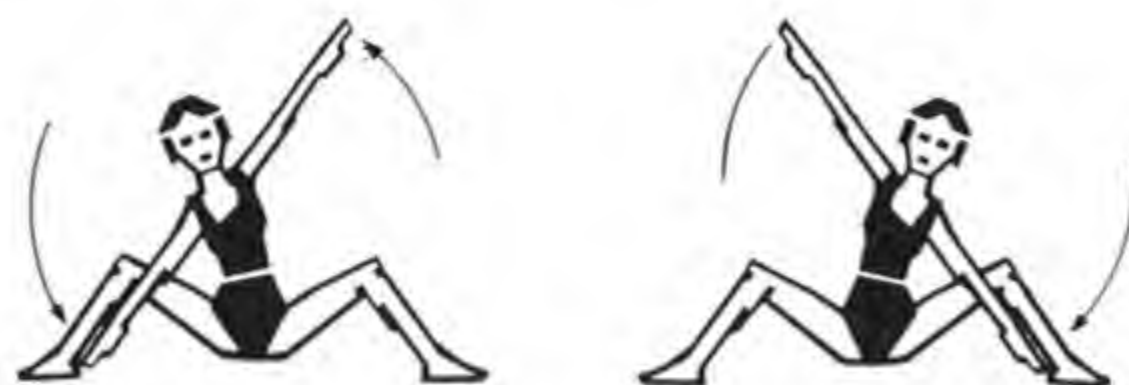
STEP 1: Without bending forward, slide your hand toward your foot as your other arm reaches up overhead. Both arms should be in a straight line.

STEP 2: Reaching further, bring your arm overhead with your palm up. Stretch and bounce from the waist, reaching farther out.



STEP 3: Raise to center, switch arms and repeat to the other side.

Repetitions: Step 1 takes 1 count. The pulses out of the waist are repeated 4 times. Beg. none, Int. 6 times, Adv. 8 times.



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### **EXERCISE #13: STRETCH AND REACH (Obliques and waist)**

BEGINNING STANCE: Sit with legs open, extended to the side. Legs straight, feet flexed. Back and spine straight, stomach tight, buttocks lifted. Arms overhead and parallel.

STEP 1: Keeping your torso and face front, reach from the waist over to the side. Turn the upper hand's palm up as you stretch over your legs. Stretch and bounce 8 times.

**\*\*Make sure as you bounce that you don't lift your buttocks.**

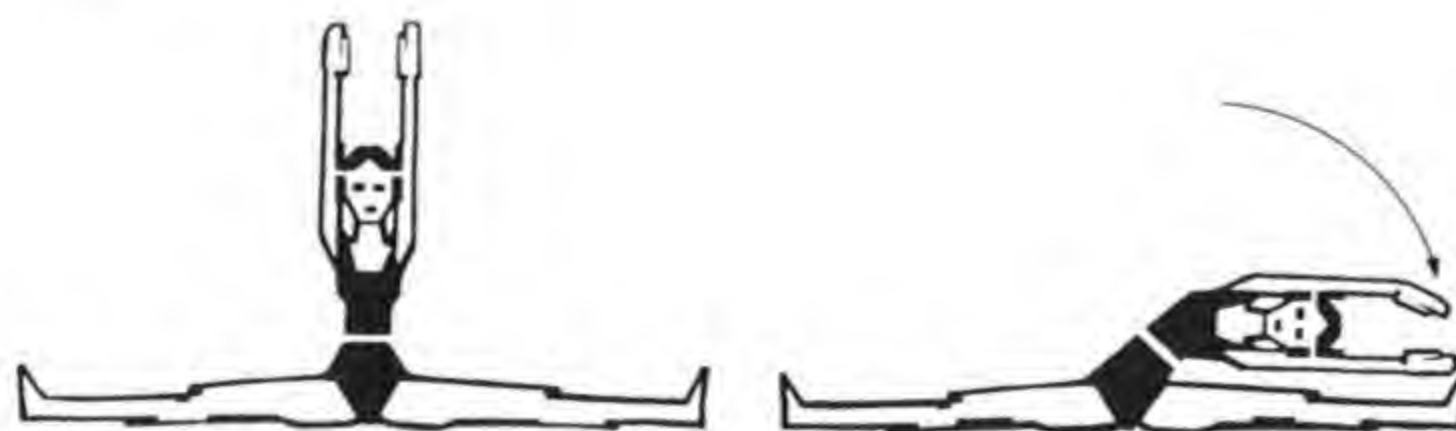
**4**  
Waist



### **(EXERCISE #14):**

STEP 2: Lift to center and repeat to the left.

Repetitions: Beg. none, Int. 8 bounce sequence is done once, Adv. 8 bounce sequence is done once.





## **EXERCISE #15:** WAIST ROLLS (Obliques and waist)

STEP 1: Keeping your torso and face front, reach from the waist over to the side. Turn the upper hand's palm up as you stretch over your legs. Reach and stretch 8 times.

**\*\*Make sure as you reach and stretch that you don't lift your buttocks.**

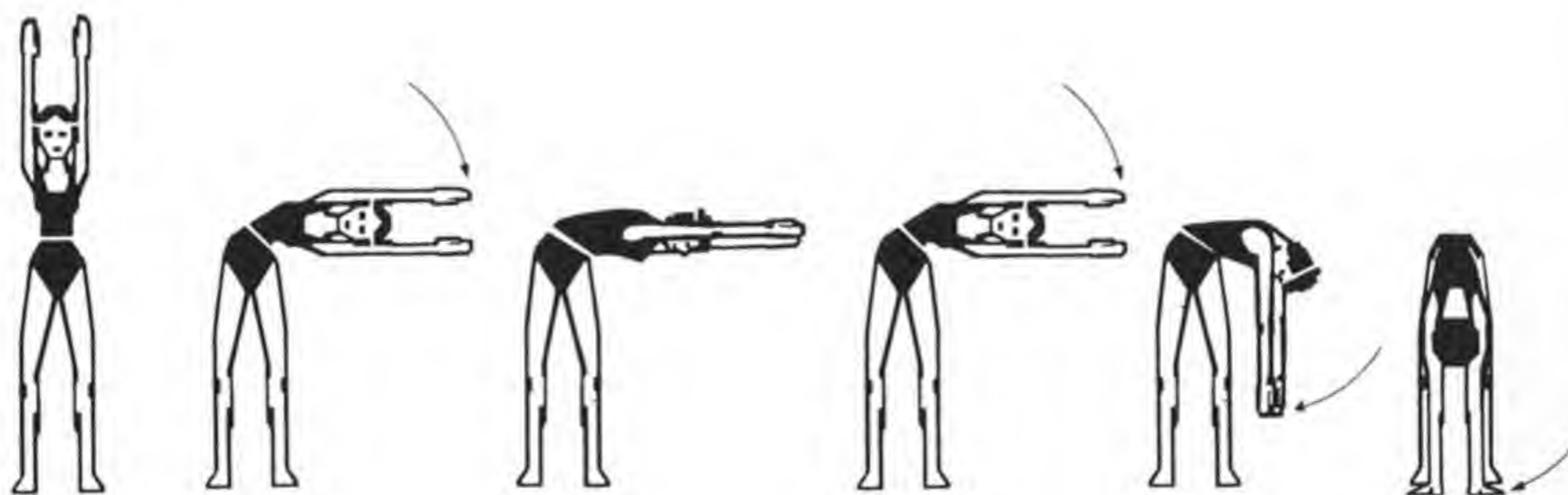
STEP 2: Twist your waist, turning your chest over your knee. Stretch out further and reach and stretch 8 times.

STEP 3: Twist your torso back into the open side position and reach and stretch 8 times.

STEP 4: Twist and turn chest over knee and sweep overhead arm down to your foot and circle upper body down and around to the other foot.

STEP 5: Switch arms and repeat the sequence to the other side.

Repetitions: The exercise is done in sets of 8 reaches. Beg. none, Int. once, Adv. once.



## **(EXERCISE #16):**

This exercise is repeated with 4 reaches.

Repetitions: Beg. none, Int. once, Adv. once.

## **(EXERCISE #17):**

This exercise is repeated with 2 reaches.

Repetitions: Beg. none, Int. once, Adv. once.



**(EXERCISE #18):**

This exercise is repeated with 1 reach.

Repetitions: Beg. none, Int. 6 times, Adv. 8 times.

---

**EXERCISE #19, #20: SHAKE OUT LEGS (Relax hamstring and leg muscles)**

BEGINNING STANCE: Legs open, extended to the side. Sitting straight up, buttocks lifted. Hands on the floor by your hips.

STEP 1: Slowly bring your legs together, legs relaxed and parallel.

Shake out your legs.

Repetitions: Beg. none, Int. 8 times, Adv. shake 8 times.



**4**  
Waist







## STOMACH (SECTION 5)

The exercises in this section will help you tone up and strengthen your abdominal muscles. It's also true that the results of proper exercise can be quickly felt and seen. However, it is essential that you keep the following in mind when performing these exercises.

Breathing is everything. It allows you to replenish your energy and makes the exercises a whole lot easier to perform. Remember to inhale as you lift and reach and exhale as you lower and release.

Any roll up or sit up exercise should be done carefully and with control. You're not going to get the full benefit from the exercise if you jerk your body up or use your arms to lift you. Start with your head and roll up your spine. As you do this type of exercise remember to keep your abdominal muscles tight.

It is important to put the same effort and energy into doing the relax exercises as it is the other exercises in this program. The purpose of these exercises is to release your abdominal and back muscles.

A word of caution...abdominal exercises can be hard on your back. A good trick to help take some pressure off your lower back is to reach to the side as you roll up. **If you have had a history of back problems make sure you consult your doctor before doing these exercises.**

### **EXERCISE #1:** MODIFIED SIT UP (Obliques and lower abdominals)

**\*\*Remember with all stomach exercises to BREATHE; INHALE as you roll up and EXHALE as you roll down.**

**BEGINNING STANCE:** Lie on the floor with your knees bent, feet flat on the floor, hands at your sides.

**STEP 1:** Chin on your chest, lift your head. Twist your left shoulder and arm across to the right as you roll up your spine, one vertebra at a time. Arms are extended, reaching for your knees.

**\*\*Twisting to the side as you roll up will take some pressure off your lower back as you roll up.**



STEP 2: As you reach an upright position, twist and face center.

STEP 3: Starting at your waist, roll down your spine one vertebra at a time. As you roll down keep reaching for your knees.

STEP 4: Repeat to the other side.

**\*\***Make the sitting up and rolling down one smooth movement. You should feel it in your upper abdominals.

Repetitions: Take 4 counts to roll up and 4 counts rolling down. Beg. 4 times, Int. 4 times, Adv. 8 times.



### **(EXERCISE #2):**

The sequence is then repeated again in 2 counts. Beg. 4 times, Int. 8 times, Adv. 16 times.

---

### **EXERCISES #3, #4, #5, #6, #7: STOMACH PULSES (Obliques and lower abdominals)**

BEGINNING STANCE: Lie on your back, legs bent. Hands at your sides.

STEP 1: Stretch your arms in front of you and lift your back up 30 degrees off the floor. Keep your shoulders back and relaxed. Stay lifted and reach with your arms. Snap your fingers as you reach. Reach/snap.

**\*\***Remember to breathe! Inhale as you lift up and exhale as you release between reaches.

STEP 2: Stay lifted and twist your shoulders right and reach across to the right side. Reach/snap.

STEP 3: Stay lifted and return to center and reach/snap.

STEP 4: Stay lifted and twist your shoulders left and reach across to the left side. Reach/snap.



STEP 5: Stay lifted and return to center and reach/snap 8 times. Relax and lower upper torso down slowly.

Repetitions: Beg. the entire sequence once with 4 snaps, Int. the entire sequence once with 6 snaps, Adv. entire sequence once with 12 snaps.



---

**EXERCISE #8:** RELAX POSE-HUG YOUR KNEES (Releases abdominals)

BEGINNING STANCE: Lie on your back, legs extended straight in front of you.

Arms at your side.

STEP 1: Hug your knees into your chest and hold for 30 seconds.

**\*\*Close your eyes and breathe deeply.**



**5**  
Stomach

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**EXERCISES #9, #10, #11, #12, #13:** MODIFIED STOMACH PULSES

(Upper and lower abdominals)

BEGINNING STANCE: Lie on your back, left knee bent, right leg straight, foot flexed. Lift right leg, knees touching. Arms at your side.

STEP 1: Reach arms in front of you, lift your back 30 degrees off the floor.

Reach your arms beyond your knee and snap your fingers.

STEP 2: Stay lifted and twist your shoulders right and reach across to the right side. Reach/snap.

STEP 3: Stay lifted and return to center and reach/snap.

STEP 4: Stay lifted and twist your shoulders left and reach across to the left side. Reach/snap.



STEP 5: Stay lifted and return to center and reach/snap 8 times. Relax and lower upper torso down slowly.

Repetitions: Beg. the entire sequence once with 4 snaps, Int. the entire sequence once with 6 snaps, Adv. entire sequence once with 12 snaps.



---

**EXERCISE #14:** RELAX POSE-HUG YOUR KNEES (Releases abdominals)  
BEGINNING STANCE: Lie with legs extended straight in front of you. Arms at your side.

STEP 1: Hug your knees into your chest and hold for 30 seconds.



---

**EXERCISES #15, #16, #17, #18, #19:** SWITCH LEGS AND REPEAT EXERCISES #9, #10, #11, #12, #13.

---

**EXERCISE #20:** SAME AS EXERCISE #14.

---

**EXERCISE #21:** CLIMB ROPE (Lower abdominals)

**\*\*This exercise is like climbing rope.**

BEGINNING STANCE: Lie with knees bent, feet flat. Arms at side.

STEP 1: Imagine you are climbing rope; reach first with your left arm, then with your right arm as you pull yourself up to 45 degrees off the ground. Take 4 counts to pull up.



STEP 2: In lifted position continue alternating arms, lifting your body up to a sitting position. Take 4 counts to sit up.

STEP 3: Arms continue moving as you lower yourself down to a 45 degree angle and back up again.

**\*\***Your torso should be slightly lifted off the ground so that you can really work your abdominal muscles.

Repetitions: Beg. sequence done 8 times, Int. sequence done 8 times, Adv. sequence done 12 times.



---

**EXERCISE #22:** RELAX POSE-HUG YOUR KNEES (Releases abdominals)

BEGINNING STANCE: Lie with legs extended straight in front of you. Arms at your side.

STEP 1: Hug your knees into your chest and hold for 30 seconds.

**\*\***Close your eyes and breathe deeply.

**5**  
Stomach



---

**EXERCISE #23:** STOMACH LIFTS (Lower abdominals)

BEGINNING STANCE: Lie on your back, your upper torso propped up on your elbows, palms flat on the floor. Legs extended straight out, feet pointed.

STEP 1: Bend both knees bringing them to your chest.

STEP 2: Straighten both legs at a 45 degree angle to the floor.

STEP 3: Lift legs up perpendicular to the floor.

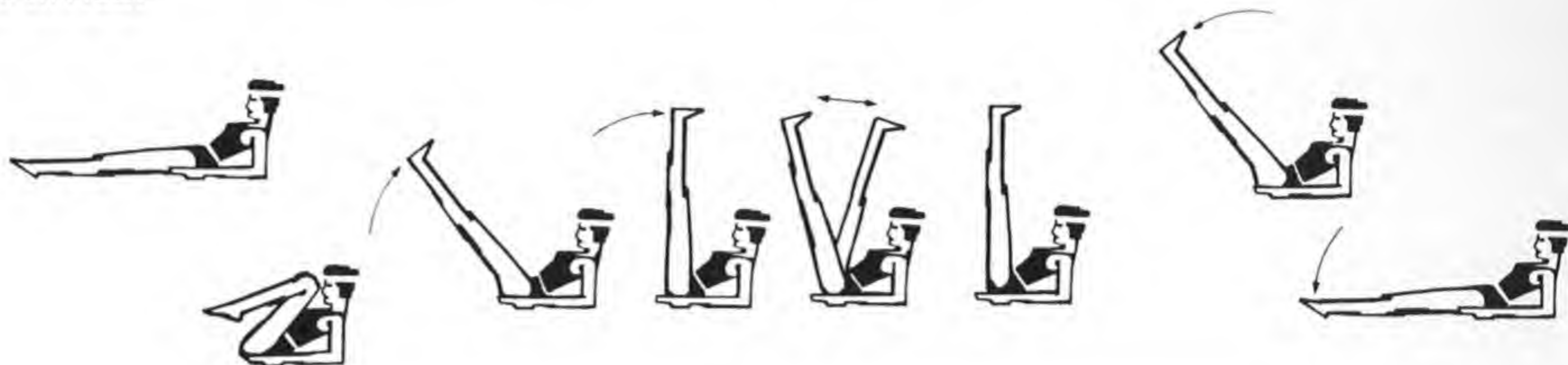
**\*\***Be careful not to lean back.



STEP 4: Open your legs and spread them in a “v.”

STEP 5: Bring legs together and lower slowly to the floor. Take 8 counts to lower.

Repetitions: Take 4 counts to do each step. Beg. none, Int. 4 times, Adv. 6 times.



---

**EXERCISE #24:** RELAX POSE (Bring chest to knees)

BEGINNING STANCE: Lie on your back, your upper torso propped up on your elbows. Keep palms flat on the floor. Back pressed into the floor.

STEP 1: Bend both knees, bring them up to your chest. Hold 30 seconds.

**\*\*BREATHE, relax!**



---

**EXERCISE #25:** SUPER SIT-UPS (Lower abdominals, obliques)

BEGINNING STANCE: Lie on your back with hands behind head, elbows bent. Bend knees, lift legs, and cross ankles. Legs should be lifted above chest.

**\*\*\*Remember to keep your shoulders relaxed and elbows open wide as you lift up.**

STEP 1: Inhale and lift upper torso, reaching your right elbow toward your left knee.

STEP 2: Exhale and lower a few inches down and repeat to the other direction.



**\*\*Keep your upper back lifted off the floor as you do this exercise.**

Repetitions: Beg. none, Int. 12 times, Adv. 16 times.



---

## **EXERCISE #26: RELAX POSE-HUG YOUR KNEES**

BEGINNING STANCE: Lie on your back, legs extended straight in front of you. Arms at your side.

STEP 1: Hug your knees into your chest and hold for 30 seconds.

**\*\*Close your eyes and breathe deeply.**



---

## **EXERCISE #27: STOMACH STRUTS (Lower abdominals)**

BEGINNING STANCE: Lie on your back, legs extended in front of you, feet flexed. Place arms at your side, elbows bent, palms placed down by your tailbone for support.

STEP 1: Moving your legs as though you were walking, lift legs up perpendicular to the floor. Take 8 counts to lift legs.

**\*\*Make sure you keep your lower back firmly against the floor. Be careful not to arch your back.**

STEP 2: Maintain legs overhead and continue walking for 8 counts.

STEP 3: Maintain walking motion and lower legs down slowly 5 inches off floor. Don't touch down.

Repetitions: Beg. none, Int. 2 times, Adv. 4 times.

**5**

Stomach





---

**EXERCISE #28:** RELAX POSE-HIP ROLLS (Ease out abdominals, lower back)

BEGINNING STANCE: Lie on your back, bend knees and bring them up to your chest. Arms stretched out at shoulder level, palms down.

STEP 1: Keeping knees at chest level, twist and roll them to the right. Turn your head to the left. Hold.

**\*\*Breathe deeply, feel the stretch.**

STEP 2: Bring legs to center and twist and roll knees to the other side. Turn your head to the right. Hold.

Repetitions: Beg. none, Int. 2 times, Adv. 2 times.





## LEGS (SECTION 6)

The exercises in this section tone the outer, inner, back, and front of the thighs.

As you perform these exercises be careful not to use your upper body and arms to help you lift your legs. The lifts initiate from the hip joints and upper legs. Establish a raised leg position you can maintain. If you lower your raised leg as you work out you won't get the full benefit of the exercise. It doesn't matter how high you lift your leg, it's the number of correctly performed repetitions that really counts.

### EXERCISE #1: LEG LIFT (Inner and outer thighs)

**BEGINNING STANCE:** Lie on your side, propped up on your elbow, palms on the floor. Extend both legs straight out, feet flexed. Keep your stomach tight and your buttocks muscles tucked and tight.

**\*\*Be sure to keep your body in a straight line as you do the following exercises. Support your weight forward so as not to rock back as you lift your leg.**

**STEP 1:** Lift your upper leg up.

**\*\*Make sure your knees face forward.**

**STEP 2:** Lower the leg without touching down.



### (EXERCISE #2):

**STEP 3:** Point your toes.

**Repetitions:** The leg lift takes one count. Beg. 16 lifts flexed, 16 lifts pointed, Int. 20 lifts flexed, 20 lifts pointed, Adv. 32 lifts flexed, 32 lifts pointed.



### **EXERCISE #3:** DOUBLE LEG LIFTS (Inner and outer thighs)

BEGINNING STANCE: Lie on your side, propped up on your elbow, palms on the floor. Extend both legs straight out, feet flexed. Keep your stomach lifted and your buttocks muscles tucked and tight.

STEP 1: Lift your upper leg as high as possible.

STEP 2: Keeping your upper leg tucked, lift your lower leg to meet it.

**\*\*As you raise your lower leg make sure that you don't lower your upper leg to meet it. If you can't touch the upper leg without lowering it then don't lift the upper leg as high.**

STEP 3: Lower both legs down one inch above the floor. Don't touch down. Repeat.

Repetitions: Beg. 16 times, Int. 20 times, Adv. 32 times.



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### **EXERCISE #4:** HALF A SLICE (Hips, inner and outer thighs)

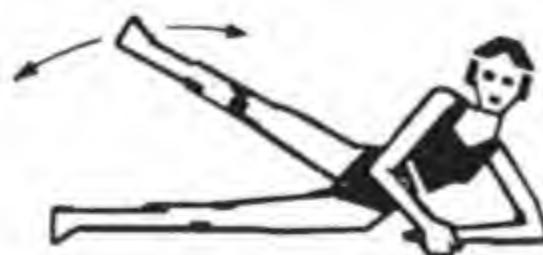
BEGINNING STANCE: Lie on your side, propped up on your elbow, palms on the floor. Extend both legs straight out, feet flexed. Keep your stomach lifted and your buttocks muscles tucked.

STEP 1: Raise your upper leg and swing it behind you as far as possible.

**\*\*Be careful not to rock back. If you have difficulty maintaining your balance, bend the supporting knee back. This will provide a more stable support position.**

STEP 2: Swing your upper leg forward, and then back.

Repetitions: Beg. 16 times, Int. 20 times, Adv. 28 times.





**EXERCISE #5:** UPPER THIGH LIFTS (Front and back of thighs, hamstrings, hips)

BEGINNING STANCE: Roll over on your stomach, legs extended out straight behind you, arms extended in front of you, head down, hips firmly placed against the floor.

STEP 1: Feet flexed, raise your right leg as high as possible.

STEP 2: Lower leg to the floor.

Repetitions: Beg. 16 times, Int. 20 times, Adv. 28 times.



---

**EXERCISE #6, #7:** RELAX POSE-HUG KNEES TO CHEST

BEGINNING STANCE: Roll over on your back, legs extended straight in front of you. Arms by your side.

STEP 1: Lift your legs and fold them into your chest. Wrap your arms around your knees and hold 30 seconds.

**\*\*Breathe deeply. Relax your back into the floor.**



**6**  
Legs

---

**EXERCISE #8:** Switch sides and repeat EXERCISE #1.

---

**EXERCISE #9:** Switch sides and repeat EXERCISE #2.

---

**EXERCISE #10:** Switch sides and repeat EXERCISE #3.

---



**EXERCISE #11:** Switch sides and repeat EXERCISE #4.

---

**EXERCISE #12:** Switch sides and repeat EXERCISE #5.

---

**EXERCISE #13:** Switch sides and repeat EXERCISE #6.

---

**EXERCISE #14:** LEG TUCKS (Outer and inner thighs, hips)

BEGINNING STANCE: Sit erect with legs together, knees bent. Twist legs right. Support your weight on your right hand and buttocks. Left arm raised overhead.

STEP 1: Lift both legs and move them back and forth in a saw-like motion.

**\*\*Keep your upper body straight and lifted. Don't lean back.**



**(EXERCISE #15):**

STEP 2: Keep legs in raised position and repeat with feet pointed.



**(EXERCISE #16):**

STEP 3: Keeping knees folded in front, lift upper leg and swing it back as far as possible. Foot flexed. Return to beginning position.





**(EXERCISE #17):**

STEP 4: Repeat exercise with feet pointed.



**(EXERCISE #18):**

STEP 5: Keeping knees folded in front of you lift and lower the upper leg. Feet flexed.



**(EXERCISE #19):**

STEP 6: Repeat exercise with feet pointed.

Repetitions: Beg. each step 8 repeats, Int. each step 8 repeats, Adv. each step 12 repeats.





**EXERCISE #20, #21: RELAX POSE-YOGA STANCE**

BEGINNING STANCE: Kneel and place chest on thighs. Forehead resting on the ground, arms draped back, palms up. Rest 30 seconds.



---

**EXERCISES #22 – #28: SWITCH SIDES AND REPEAT EXERCISES #14-#20.**



## HIPS (SECTION 7)

The exercises in this section tone the hip. This area of the body is probably one of the most difficult areas to reduce. Don't despair... There are lots of easy ways to help you tone up this area. If you start to include some of these suggested activities along with the exercises in this program, you will eventually see some results.

Swimming, walking, jogging, roller skating, bicycling, and jumping rope can help you further trim your thighs and hips. Remember that the more frequently you work out and include regular exercise, the better you are going to feel and look.

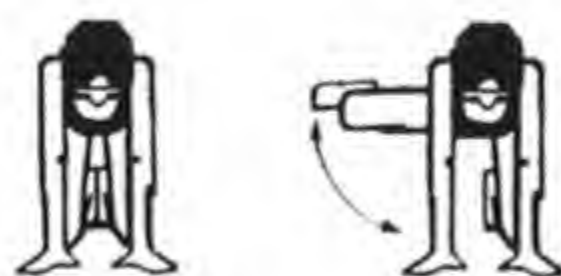
### **EXERCISE #1: HYDRANTS** (Inner and outer thighs, hips)

BEGINNING STANCE: Rest on your hands and knees. Flatten your back.

**\*\*Keep your head and back in one line. Keep your weight centered over your hands and shoulders.**

STEP 1: Keeping your knee bent, lift your leg parallel to the floor, hip level.

STEP 2: Keeping knee bent, lift and lower leg. Repeat.



### **(EXERCISE #2):**

STEP 3: Change legs and repeat on the other side.

Repetitions: Beg. none, Int. 20 times, Adv. 32 times.

**EXERCISE #3: SIDE CIRCLES** (Inner and out legs, hips)

BEGINNING STANCE: Rest on your hands and knees, back flat.

STEP 1: Extend right leg out straight to the side. Foot flexed.

STEP 2: Keeping leg straight, lift it hip level, maintain that height as you circle leg forward.

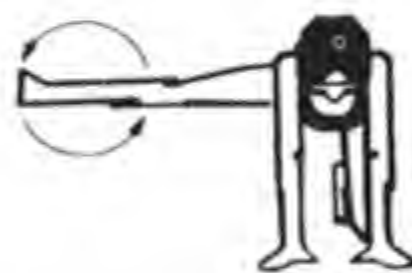
**\*\***Make the circles small and even. Be careful not to rock back or lean into hips as you circle.



**(EXERCISE #4):**

STEP 3: Repeat circling back.

Repetitions: Beg. none, Int. 16 times each direction, Adv. 20 times each direction.



---

**EXERCISE #5, #6: RELAX-YOGA POSE**

BEGINNING STANCE: Kneel and place chest on thighs. Forehead resting on the ground, arms draped back, palms up. Rest 30 seconds.





**EXERCISE #7:** Switch sides and repeat EXERCISE #3.

---

**EXERCISE #8:** Switch sides and repeat EXERCISE #4.

---

**EXERCISE #9:** LEG LIFTS (Hips, outer thighs)

BEGINNING STANCE: Rest on your hands and knees, back flat. Extend your right leg behind you, foot pointed.

STEP 1: Lift and lower leg as high as possible.

**\*\*Remember to keep your hips forward and to center your weight over your shoulders and hands. Keep your back and head in one straight line.**



**(EXERCISE #10):**

STEP 2: Flex foot and repeat exercise.

Repetitions: Each leg lift takes 1 count. Beg. none, Int. 16 times, Adv. 20 times.



**EXERCISE #11:** KICK YOUR BOTTOM (Outer thighs, hips, buttocks)

BEGINNING STANCE: Rest on your hands and knees, back flat. Extend your right leg behind you, foot flexed.

STEP 1: Lift your leg parallel to the floor behind you, hip level.

STEP 2: Keeping your knee steady and hip level, bend your leg back and try to kick your bottom.

STEP 3: Repeat the kicking motion.

Repetitions: Each kick takes 1 count, Beg. none, Int. 16 times, Adv. 20 times.



---

**EXERCISE #12, #13:** RELAX POSE-YOGA POSE

BEGINNING STANCE: Kneel and place chest on thighs. Forehead resting on the ground, arms draped back, palms up. Rest 20 seconds.

---

**EXERCISE #14:** Switch sides and repeat EXERCISE #9.

---

**EXERCISE #15:** Switch sides and repeat EXERCISE #10.

---

**EXERCISE #16:** Switch sides and repeat EXERCISE #11.

---

**EXERCISE #17:** Switch sides and repeat EXERCISE #12.



## BUTTOCKS (SECTION 8)

The exercises in this section help you tone and tighten your buttocks muscles.

The buttocks tuck is a subtle movement. Basically all you are doing is contracting or tilting your pelvis forward and holding it. Throughout the program the expression "buttocks tucked" means just that. The subtle motion is one you want to maintain when you do the floor exercises. Sometimes it isn't easy to tell if you are doing the exercise properly because people tend to arch their backs. Remember to center your weight back in your shoulders. As you perform the exercises, lean back into your shoulders for support. You can tell if you are doing it right if you feel a pinching, stinging type of feeling.

### **EXERCISE #1:** PELVIC TUCKS (Buttocks)

**BEGINNING STANCE:** Upper body straight, kneel with your arms extended straight in front of you, shoulder height.

**STEP 1:** Squeeze and tuck your buttocks under, hold 1 count and repeat.

**\*\*This is the same stretch you feel as when you stand erect and tighten your buttock muscles.**

**Repetitions:** Beg. 16 times, Int. 20 times, Adv. 32 times.



### **EXERCISE #2:** HINGE (Buttocks, inner thighs)

**BEGINNING STANCE:** Kneel with legs together and arms extended straight in front of your shoulder height, palms down.



STEP 1: Back straight, tuck your buttocks and lower yourself back as far as possible. Lower back in 4 counts.

STEP 2: Keeping body straight, buttocks tucked, return to starting position and repeat.

Repetitions: The lowering and rising each take 4 counts. Beg. 4 times, Int. 6 times, Adv. 8 times.



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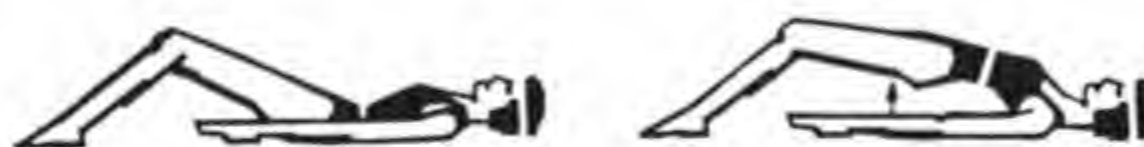
### **EXERCISE #3:** PELVIC LIFTS (Buttocks, back of thighs)

BEGINNING STANCE: Lie on your back, knees bent, feet parallel. Arms at sides, palms down.

STEP 1: Squeeze your buttocks, tuck it under as you lift your hips up. Roll back into your shoulders and center your weight into your shoulders and arms. Do not arch your back.

STEP 2: Tuck your buttocks, hold, release. Repeat tucking, holding, and releasing.

\*\*This is the same tuck and lowering that you did in the first buttocks exercise. It is a small movement.



### **(EXERCISE #4):**

STEP 3: Lift one leg and cross it over the other knee. Repeat exercise.





### **(EXERCISE #5):**

STEP 4: Change legs and repeat.

Repetitions: Beg. Steps 1-2 – 20 times, steps 3-4 each 12 times,

Int. steps 1-2 – 28 times, steps 3-4 each 20 times, Adv. Steps 1-2 – 40 times, steps 3-4 each 32 times.

---

### **EXERCISE #6: PELVIC LEG LIFTS (Buttocks, thighs)**

BEGINNING STANCE: Lie on your back, left knee bent with foot flat and parallel. Hands, palms down by your ears. Place right foot on left knee.

STEP 1: Tuck buttocks under so that your back flattens onto ground, then raise your hips off ground.

**\*\*Your weight is centered in your shoulders and your body makes one straight 45 degree line from your lifted knee to your head.**



### **(EXERCISE #7):**

STEP 2: Keeping your buttocks tucked and your hips lifted, extend your right leg up, raising hips higher. Hold. Then lower and lift buttocks 10 times. Keep your lifted leg straight.

STEP 3: Lower by rolling down spine.



### **(EXERCISE #8, #9):**

Change legs and repeat.

Repetitions: Beg. 8 times, Int. 12 times, Adv. 16 times.

---

## **EXERCISE #10: HUG YOUR KNEES**

STEP 1: Lift your legs to your chest, bend your knees and wrap your arms around them.



---

## **EXERCISE #11, #12: THE SWAN (Buttocks, back of thighs)**

BEGINNING STANCE: Lie on your stomach, legs extended in parallel, arms at side. Forehead resting on floor, shoulders relaxed.

STEP 1: Squeeze your buttocks, lift your upper torso and legs up off the floor.

STEP 2: Lift and lower slowly.

\*\*Remember to inhale as you lift and exhale as you lower.

STEP 3: Cross your ankles and repeat lifting and lowering.

Repetitions: Beg. none, Int. 12 times, Adv. 16 times.



---

## **EXERCISE #13: HUG YOUR KNEES**

STEP 1: Lift your legs to your chest, bend your knees and wrap your arms around them. Relax for 30 seconds.





# CHAPTER EIGHT

## COOL DOWN (SECTION 9)

It's important to never omit the COOL DOWN section of your exercise session. After a workout, the muscles need time to adjust. You want to prevent them from tensing up or cramping. You also want to slow down your heart rate and gradually return it to its normal working rate.

These exercises are performed as one slow, sustained movement one after another. Concentrate on stretching every part of your body to its fullest limit. Think about your body as a rubber band that is being stretched slowly and with control.

### EXERCISE #1:

BEGINNING STANCE: Stand erect with your feet parallel, hip-width apart. Buttocks tucked, stomach tight. Arms at your side.

STEP 1: Starting with your head, slowly drop your head to your chest and roll down your spine one vertebra at a time. Place your palms on/near the floor.



### EXERCISE #2:

STEP 2: Place your hands on either side of your feet and bend one knee while extending the other leg behind you in a lunge position. Keep your head and shoulders relaxed. Inhale.

1  
Warm Up  
Pg. 23

2  
Aerobics  
Pg. 31

3  
Arms  
Pg. 47

4  
Waist  
Pg. 55

5  
Stomach  
Pg. 65

6  
Legs  
Pg. 73

7  
Hips  
Pg. 79

8  
Buttocks  
Pg. 83

9  
Cool Down  
Pg. 87



---

### **EXERCISE #3:**

STEP 3: Slowly lift your head and chest up and stretch back. Exhale.

STEP 4: Roll your head down. Center your weight forward and change your legs.

STEP 5: Slowly lift your head and chest and stretch back. Exhale.



---

### **EXERCISE #4:**

STEP 6: Roll your head down. Palms on the floor. Center weight over your shoulders and hands. Walk your hands away from your body. Both knees should be bent. Head and upper body are folded over your thighs.

STEP 7: Straighten your legs and walk your hands away from your body. Center your weight over your shoulders and hands.



---

### **EXERCISE #5:**

STEP 8: Try to keep your heels down as you lean your weight back into your hips. Gently bounce your upper torso towards your hips, 8 times.

**\*\***You should feel a good stretch up the back of the legs.





---

### EXERCISE #6:

STEP 9: Walk your hands further away from your body until your body is extended in one straight line parallel to the floor.

STEP 10: Keeping your body straight and using your arms, lower your body to the floor. Pause. Take a deep breath.

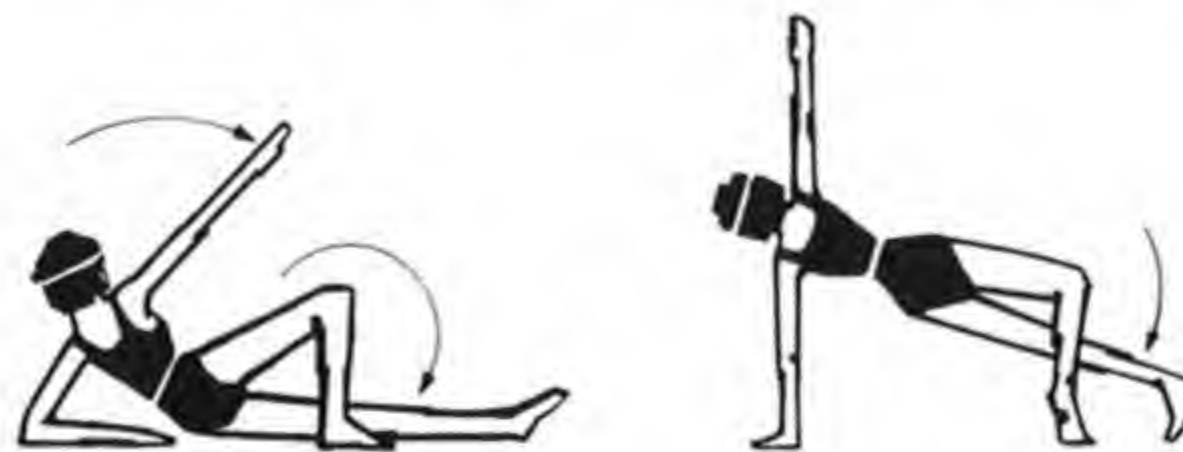


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### EXERCISE #7:

STEP 11: Maintaining this stretched extended position, bend your right leg, reach it back across your extended leg and place it on the floor. As you place your right leg on the floor, shift your weight onto your left side and lift your right arm up and stretch your upper body off the floor. Hold for 5 counts.

STEP 12: Slowly lower your body down, face to the floor. Palms down by your shoulders, arms bent by your side. Legs extended. Pause. Breathe.



---

### EXERCISE #8:

STEP 13: Place your left foot back and stretch it across and repeat the movement to the left side.

STEP 14: Lower your body down and lower yourself down on your back.

## **EXERCISE #9, #10:**

STEP 15: Lie on your back with your legs extended.



---

## **EXERCISE #11:**

STEP 16: Keep your legs in the same position as you lift your hips up and body up. Support your back with your hands. Extend your legs over your head and stretch them back.

STEP 17: Gently straighten and bend your knees.



---

## **EXERCISE #12:**

STEP 18: Straighten your legs again and grab your ankles. Slowly roll down your spine holding on to your ankles as long as you can.

STEP 19: Exhale. Let go of your ankles once your legs are overhead perpendicular to the floor. Continue lowering your legs slowly down to the floor. Take a deep breath. Lie still for a few moments.

STEP 20: Slowly get up. Turn off your computer and go take a shower. You should feel great.





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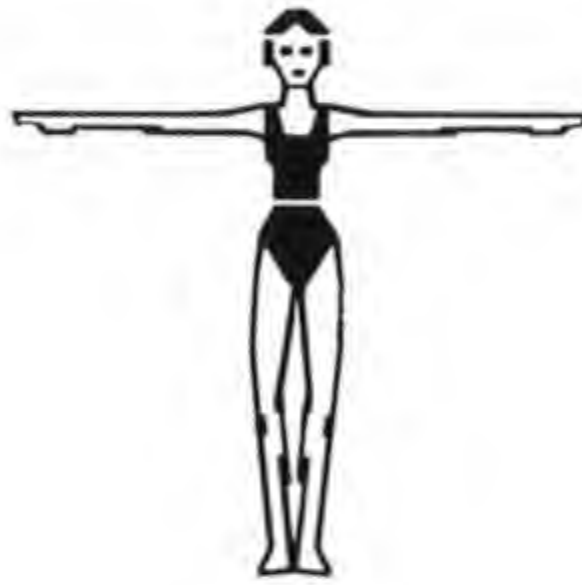
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